

ASN Publications

The American Journal of Clinical Nutrition Media Alerts

The following articles are being published in the July 2017 issue of *The American Journal of Clinical Nutrition (AJCN)*, a publication of the American Society for Nutrition. [Click here](#) for full summaries and analyses. Links to the articles are below. Articles published in *AJCN* are embargoed until the article appears online either as inpress ([Articles in Press](#)) or as a final version. The embargoes for the following articles have expired.

- Protein consumption patterns related to muscle strength in older individuals
- Weight loss and weakness, not obesity, predict negative outcomes in the elderly
- Can increasing protein intake after surgery help with recovery?
- **Want your child to like vegetables? Eat them while you're breastfeeding**

Protein consumption patterns related to muscle strength in older individuals

Recently published study finds that older individuals who include protein in breakfast and lunch, rather than mostly during the evening meal, most readily maintain their muscle strength.

- Farsijani S, Payette H, Morais JA, Shatenstein B, Gaudreau P, Chevalier S. [Even mealtime distribution of protein intake is associated with greater muscle strength, but not with 3-y physical function decline, in free-living older adults: the Quebec longitudinal study on Nutrition as a Determinant of Successful Aging \(NuAge study\)](#). *American Journal of Clinical Nutrition* 2017;106:113–24.
- Phillips SM. [Nutrition in the elderly: a recommendation for more \(evenly distributed\) protein?](#) *American Journal of Clinical Nutrition* 2017; 106:12–3.

Weight loss and weakness, not obesity, predict negative outcomes in the elderly

Study concludes that, for older individuals, a combination of weight loss and loss of muscle strength is particularly predictive of death during a 4-year period.

- Hamer M, O'Donovan G. [Sarcopenic obesity, weight loss, and mortality: the English Longitudinal Study of Ageing](#). *American Journal of Clinical Nutrition* 2017;106:125–9.
- Batsis JA, Cook SB. [Is the whole not greater than the sum of its parts? The case of sarcopenic obesity](#). *American Journal of Clinical Nutrition* 2017;106:14–5.

Can increasing protein intake after surgery help with recovery?

Practices associated with the Enhanced Recovery After Surgery (ERAS) approach, such as increasing protein consumption during recovery, related to lower infection rate and speedier recovery after colorectal surgery.

- Yeung SE, Hilkewich L, Gillis C, Heine JA, Fenton TR. [Protein intakes](#)

Important Dates

Sept 18-20. [Native American Nutrition Conference](#) (Prior Lake, Minnesota)

Oct 15-20. [IUNS-ICN Meeting](#) (Buenos Aires)

June 9-12, 2018. [Nutrition 2018](#) (Boston)

Journal Links

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are associated with reduced length of stay: a comparison between Enhanced Recovery After Surgery (ERAS) and conventional care after elective colorectal surgery. *American Journal of Clinical Nutrition* 2017;106:44–51.

- Soeters PB. [The Enhanced Recovery After Surgery \(ERAS\) program: benefit and concerns](#). *American Journal of Clinical Nutrition* 2017;106:10–1.

Read full summaries [here](#).

The American Journal of Clinical Nutrition Editor's Pick

Breastfeeding women are often advised to avoid spicy and other flavorful foods because some people believe that this might make their babies less fussy. However, a new study published in *The American Journal of Clinical Nutrition* suggests that introducing infants to new flavors—in this case, those common in vegetables—while they're breastfeeding might encourage young children to more easily accept them when they are introduced. Given the universal recommendation to increase consumption of vegetables, learning to like them in early life might have substantial health benefits to babies for the long haul.

Want your child to like vegetables? Eat them while you're breastfeeding.

Research team at the Monell Chemical Senses Center in Philadelphia reports their findings that infants learn to like vegetables (in this case, carrots) if their mothers eat them while breastfeeding.

- Mennella JA, Daniels LM, Reiter AR. [Learning to like vegetables during breastfeeding: a randomized clinical trial of lactating mothers and infants](#). *American Journal of Clinical Nutrition* 2017;106:67–76.

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