



ASN Publications

The American Journal of Clinical Nutrition Media Alerts

The following articles are being published in the June 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.

- Researchers establish new math to estimate dietary iron requirements
- Is consuming excess protein detrimental to bone health?
- Estimating sodium intake: no easy method
- **Do SNAP participants choose wisely in terms of food purchases?**

Researchers establish new math to estimate dietary iron requirements

Research team develops a new interactive tool to mathematically predict dietary iron absorption, thus helping public health experts establish global dietary guidelines for this important mineral.

- Fairweather-Tait SJ, Jennings A, Harvey LJ, Berry R, Walton J, Dainty JR. [Modeling tool for calculating dietary iron bioavailability in iron-sufficient adults](#). *American Journal of Clinical Nutrition* 2017; 105:1408–14.
- Frazer DM, Anderson GJ. [Is there a better way to set population iron requirements?](#) *American Journal of Clinical Nutrition* 2017;105:1255–6.

Is consuming excess protein detrimental to bone health?

Although much of what you read in the popular press would suggest otherwise, results from this study find no harm in higher protein diets in terms of bone mineral density.

- Shams-White MM, Chung M, Du M, Fu Z, Insogna KL, Karlsen MC, LeBoff MS, Shapses SA, Sackey J, Wallace TC, et al. [Dietary protein and bone health: a systematic review and meta-analysis from the National Osteoporosis Foundation](#). *American Journal of Clinical Nutrition* 2017;105:1528–43.
- Dawson-Hughes B. [Challenges in defining the role of dietary protein in bone health](#). *American Journal of Clinical Nutrition* 2017;105:1257–8.

Estimating sodium intake: no easy method

Results from newly published study suggest that the accuracy of using a single “spot” urine sample to estimate sodium intake is no better than a coin toss.

- Zhou L, Tian Y, Fu J-J, Jiang Y-Y, Bai Y-M, Zhang Z-H, Hu X-H, Lian H-W, Guo M, Yang Z-X, et al. [Validation of spot urine in predicting 24-h sodium excretion at the individual level](#). *American Journal of Clinical Nutrition* 2017;105:1291–6.
- Titze J. [Estimating salt intake in humans: not so easy!](#) *American Journal of Clinical Nutrition* 2017;105:1253–4.

The American Journal of Clinical Nutrition Editor's Pick

The **Supplemental Nutrition Assistance Program (SNAP)**, previously referred to as “food stamps,” is the largest food assistance program supported by the United States government. Today, more than 45 million Americans participate in SNAP. However, does participation in SNAP lead to purchasing healthier foods and beverages? This basic question was asked recently by Anna Grummon and Lindsey Taillie at the University of North Carolina, Chapel Hill. Their results, published in the June 2017 issue of *The American Journal of Clinical Nutrition*, suggest that the answer to this question is “no.”

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)

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Do SNAP participants choose wisely in terms of food purchases?

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The Supplemental Nutrition Assistance Program (SNAP), previously referred to as “food stamps,” is the largest food assistance program supported by the United States government. Newly published research suggests, however, that SNAP participants purchase less healthy foods than nonparticipants—even when income levels are similar.

- Grummon AH, Taillie LS. [Nutritional profile of Supplemental Nutrition Assistance Program household food and beverage purchases.](#) *American Journal of Clinical Nutrition* 2017;105:1433–42.

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