March 2017 Media Alert:

The American Journal of Clinical Nutrition

The following articles are being published in the March 2017 issue of The American Journal of Clinical Nutrition (AJCN), a publication of the American Society for Nutrition. Full summaries and analyses are available on the ASN website. Links to the articles are below. Articles published in AJCN are embargoed until the article appears online either as in press (Articles in Press) or as a final version. The embargoes for the following articles have expired.

Randomized, controlled intervention study: whole grains influence intestinal microbes, immune system, inflammation, and energy balance


Elevated blood sugar and risk of stroke—can folic acid supplementation help?

Researchers uncover an interaction between high blood glucose concentrations and folic acid supplementation on risk of experiencing a stroke during the study, such that the protective effect of folic acid supplementation on risk of stroke appears to be most pronounced in people with the most elevated blood sugar. Xu RB, Kong X, Xu BP, Song Y, Ji M, Zhao M, Huang X, Li P, Cheng X, Chen F, et al. Longitudinal association between fasting blood glucose concentrations and first stroke in hypertensive adults in China: effect of folic acid intervention. American Journal of Clinical Nutrition 2017;105:564-70.

Although simplified nutrition labels are typically ignored, they might be useful


Toothpaste: an easy remedy for inadequate vitamin B-12 intake by vegans?

Vitamin B-12 deficiency is common among vegans, because the vitamin is naturally found only in animal-source foods. Results from this study point to vitamin-fortified toothpaste as being a possible solution. Siebert A-K, Obeid R, Weder S, Awwad HM, Sputtek A, Geisel J, Keller M. Vitamin B-12–fortified toothpaste improves vitamin status in vegans: a 12-wk
In many countries, packaged foods must contain information about their nutrient and calorie contents. Although this sort of dietary detail may be useful for some, it is typically more than most people want to know and/or can understand. As such, some countries have switched to more user-friendly “interpretive nutrition labels” that distill overall healthfulness of a food down to a color or symbol. In this recently published article, researchers report their findings that these simplified “interpretive” nutrition labels can be more effective than more detailed versions. However, most people simply do not use either type.