

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

Substituting whole-grains for refined grains led to higher resting metabolic rate, more energy lost in the feces, altered fecal microbiota, and improvements in certain aspects of immune function.

Karl JP, Meydani M, Barnett JB, Vanegas SM, Goldin B, Kane A, Rasmussen H, Saltzman E, Vangay P, Knights D, et al. [Substituting whole grains for refined grains in a 6-wk randomized trial favorably affects energy-balance metrics in healthy men and postmenopausal women](#). *American Journal of Clinical Nutrition* 2017;105:589-99.

Vanegas SM, Meydani M, Barnett JB, Goldin B, Kane A, Rasmussen H, Brown C, Vangay P, Knights D, Jonnalagadda S, et al. [Substituting whole grains for refined grains in a 6-wk randomized trial has a modest effect on gut microbiota and immune and inflammatory markers of healthy adults](#). *American Journal of Clinical Nutrition* 2017;105:635-50.

Tetens I. [Substituting whole grain for refined grain: what is needed to strengthen the scientific evidence for health outcomes?](#) *American Journal of Clinical Nutrition* 2017;105:545-6.

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

Study finds that, although simplified "interpretive" food labels might be more user-friendly and helpful in terms of promoting healthy food choices, most people just don't refer to them when grocery shopping.

Ni Mhurchu C, Volkova E, Jiang Y, Eyles H, Michie J, Neal B, Blakely T, Swinburn B, Rayner M. [Effects of interpretive nutrition labels on consumer food purchases: the Starlight randomized controlled trial](#). *American Journal of Clinical Nutrition* 2017;105:695-704.

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](#)

March 31. [Scientific Sessions & Annual Meeting at EB](#) special meeting rate housing deadline. The ASN headquarters hotel is the Hilton Chicago.

Apr. 22 - 26. [ASN Scientific Sessions & Annual Meeting at Experimental Biology](#). Chicago, IL

Journal Links

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9211 Corporate Blvd
Suite 300
Rockville, MD 20850
media@nutrition.org
240-428-3650

[randomized placebo-controlled study](#). *American Journal of Clinical Nutrition* 2017;105:618-25.

The American Journal of Clinical Nutrition: Editor's Pick

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.

Ni Mhurchu C, Volkova E, Jiang Y, Eyles H, Michie J, Neal B, Blakely T, Swinburn B, Rayner M. [Effects of interpretive nutrition labels on consumer food purchases: the Starlight randomized controlled trial](#). *American Journal of Clinical Nutrition* 2017;105:695-704.

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