



ASN Publications

The American Journal of Clinical Nutrition

Media Alerts

The following articles are being published in the May 2017 issue of *The American Journal of Clinical Nutrition (AJCN)*, a publication of the American Society for Nutrition. [Full summaries and analyses](#) are available, and 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.

- Omega-3 fatty acids and health: a complex relation requiring more research
- New evidence: there is no such thing as “normal” breastmilk composition
- Sunshine and health: likely more than vitamin D
- **Independent studies find no negative impact of dairy intake on body fat in teens**

Omega-3 fatty acids and health: a complex relation requiring more research

Combined results from 3 independently conducted studies reveal no real surprise to nutrition experts: the relation between omega-3 intake and health is complex!

- Yu Z, Huang T, Zheng Y, Wang T, Heianza Y, Sun D, Campos H, Qi L. [PCSK9 variant, long-chain n-3 PUFAs, and risk of nonfatal myocardial infarction in Costa Rican Hispanics](#). *American Journal of Clinical Nutrition* 2017;105:1198–203.
- Jakobsen MU, Madsen L, Skjøth F, Berentzen TL, Halkjær J, Tjønneland A, Schmidt EB, Sørensen TIA, Kristiansen K, Overvad K. [Dietary intake and adipose tissue content of long-chain n-3 PUFAs and subsequent 5-y change in body weight and waist circumference](#). *American Journal of Clinical Nutrition* 2017;105:1148–57.
- Loy SL, Ng MJH, Cheung YB, Godfrey KM, Calder PC, Lek N, Yap F, Müller-Riemenschneider F, Natarajan P, Chong Y-S, et al. [Plasma \$\omega\$ -3 fatty acids in pregnancy are inversely associated with postpartum weight retention in a multiethnic Asian cohort](#). *American Journal of Clinical Nutrition* 2017;105:1158–65.
- Mühlhäusler BS. [Variability in the cardiometabolic effects of \$\omega\$ -3 long-chain PUFAs: background diet, timing, and genetics](#). *American Journal of Clinical Nutrition* 2017;105:1029–30.

New evidence: there is no such thing as “normal” breastmilk composition

International collaboration finds wide variation in complex sugar profiles in milk produced by healthy breastfeeding women living in 8 countries spanning Africa, Europe, North America, and South America, which begs the question as to whether differences are due to nature, nurture, or both.

- McGuire MK, Meehan CL, McGuire MA, Williams JE, Foster J, Sellen DW, Kamau-Mbuthia EW, Kamundia EW, Mbugua S, Moore SE, et al.

Important Dates

May 31. Part 4 of NNRR Webinar Series. Register for free [here](#).

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

June 9-12, 2018. [Nutrition 2018](#), ASN's nutrition focused conference, debuts in Boston.

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[What's normal? Oligosaccharide concentrations and profiles in milk produced by healthy women vary geographically.](#) *American Journal of Clinical Nutrition* 2017;105:1086–100.

- Newburg DS. [Human milk oligosaccharides vary among populations.](#) *American Journal of Clinical Nutrition* 2017;105:1027–8.

Sunshine and health: likely more than vitamin D

Getting enough sunshine is important for making enough vitamin D. This article, however, suggests that there may be benefits above and beyond vitamin D synthesis when it comes to safe sun exposure.

- Ponda MP, Liang Y, Kim J, Hutt R, Dowd K, Gilleaudeau P, Sullivan-Whalen MM, Rodrick T, Kim DJ, Barash I, et al. [A randomized clinical trial in vitamin D–deficient adults comparing replenishment with oral vitamin D3 with narrow-band UV type B light: effects on cholesterol and the transcriptional profiles of skin and blood.](#) *American Journal of Clinical Nutrition* 2017;105:1230–8.
- Holick MF, Hossein-Nezhad A. [The D-lemma: narrow-band UV type B radiation versus vitamin D supplementation versus sunlight for cardiovascular and immune health.](#) *American Journal of Clinical Nutrition* 2017;105:1031–2.


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The American Journal of Clinical Nutrition

Editor's Picks

Childhood obesity rates, including those for teens, are considered an important public health concern. Indeed, the prevalence of childhood obesity in the United States is currently about 17%, which equates to nearly 13 million children and adolescents. Rates are even higher for Hispanic (22%) and non-Hispanic black (20%) children. As such, finding ways to curb unhealthy weight gain in children and teens represents an important area of research. Although some studies have suggested that higher dairy consumption may be associated with excessive weight gain in kids and teens, findings from these newly published controlled intervention trials do not. In fact, they support the long-held, health-promoting nature of dairy.

Independent studies find no negative impact of dairy intake on body fat in teens

Findings from 2 newly published controlled intervention studies support the healthful nature of dairy foods during adolescence without adding to current obesity concerns.

- Vogel KA, Martin BR, McCabe LD, Peacock M, Warden SJ, McCabe GP, Weaver CM. [The effect of dairy intake on bone mass and body composition in early pubertal girls and boys: a randomized controlled trial.](#) *American Journal of Clinical Nutrition* 2017;104:1214–29
- Lappe JM, McMahon DJ, Laughlin A, Hanson C, Desmangles JC, Begley M, Schwartz M. [The effect of increasing dairy calcium intake of adolescent girls on changes in body fat and weight.](#) *American Journal of Clinical Nutrition* 2017;105:1046–53.
- Zemel BS. [Dietary calcium intake recommendations for children: are they too high?](#) *American Journal of Clinical Nutrition* 2017;105:1025–6.

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