The following articles have been published in the December 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 in press (Articles in Press) or as a final version. The embargoes for the following articles have expired (Editor’s Pick in bold):

- **Eggs: study finds whole eggs trump egg whites for making muscle after exercise.**
  - Studying healthy college students, researchers at the University of Illinois find that protein found in whole eggs (including the yolks) is better incorporated into muscle after exercise than just the egg white protein.

- **Diet and type 2 diabetes: new research on weight loss and dietary advice.**
  - Two independent studies find that “successful” weight loss for diabetic individuals might reflect weight regain of no more than 25% (4 years after dieting), and individualized dietary counseling is typically better than standard advice delivered by doctors and nurses.

- **Might genetic variation in antioxidant transporters lead to inflammatory bowel disease?**
  - Newly published study suggests that alternations in genes involved in dietary antioxidant absorption might be involved in risk of developing Crohn disease and ulcerative colitis.
  - Amir Shaghaghi M, Zhouyao H, Tu H, El-Gabalawy H, Crow GH, Levine M, Bernstein CN, Eck P. *The SLC2A14 gene, encoding the novel glucose/hydroxycarbonate transporter GLUT14, is associated with...
Might stimulating the brain help us pass on the snack foods?

Controlled research study provides evidence that mild stimulation of the prefrontal cortex might decrease snack consumption in obese individuals. Additional studies needed.

Evolving research is beginning to shed new light on how differences in how the brain works might predispose some people to unhealthy weight gain. A new study published in *The American Journal of Clinical Nutrition* takes this one step further by examining whether stimulating a portion of the brain referred to as the prefrontal cortex might help obese individuals avoid overindulgence. The results are promising, suggesting that this type of noninvasive treatment might help overweight individuals become less inclined to consume excessive amounts of snack foods.