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The American Journal of Clinical Nutrition
Media Alerts

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.
- Diet and type 2 diabetes: new research on weight loss and dietary advice.
- Might genetic variation in antioxidant transporters lead to inflammatory bowel disease?
- **Might stimulating the brain help us pass on the snack foods?**

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.

- van Vliet S, Shy EL, Abou Sawan S, Beals JW, West DWD, Skinner SK, Ulanov AV, Li Z, Paluska SA, Parsons CM, et al. Consumption of whole eggs promotes greater stimulation of postexercise muscle protein synthesis than consumption of isonitrogenous amounts of egg whites in young men. *American Journal of Clinical Nutrition* 2017;106:1401-12.
- Phillips SM. Musding out from under the yolk of the egg's "bad" reputation. *American Journal of Clinical Nutrition* 2017;106:1333-4.

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.

- Berger SE, Huggins GS, McCaffery JM, Lichtenstein AH. Comparison among criteria to define successful weight-loss maintainers and regainers in the Action for Health in Diabetes (Look AHEAD) and Diabetes Prevention Program trials. *American Journal of Clinical Nutrition* 2017;106:1337-46.
- Møller G, Keinke Anderson H, Snorgaard O. A systematic review and meta-analysis of nutrition therapy compared with dietary advice in patients with type 2 diabetes. *American Journal of Clinical Nutrition* 2017;106:1394-400.

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/dehydroascorbate transporter GLUT14, is associated with

Important Dates

Jan 13, 2018. CNS Advances in Nutrition: from daily living to high performance Sport.

May 3-6-2018. Canadian Nutrition Society 2018 Annual Conference. Halifax, NS, Canada

June 9-12, 2018. Nutrition 2018, ASN's conference in Boston.

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inflammatory bowel disease. *American Journal of Clinical Nutrition* 2017;106:1508-13.

- Ferguson LR. Why might the finding of a new genetic association with inflammatory bowel disease be of potential value in disease control?. *American Journal of Clinical Nutrition* 2017;106:1335-6.

Read full summaries **here**.

AJCN Editor's Pick

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.

- Heinitz S, Reinhardt M, Piaggi P, Weise CM, Diaz E, Stinson EJ, Venti C, Votruba SB, Wassermann EM, Alonso-Alonso M, et al. Neuromodulation directed at the prefrontal cortex of subjects with obesity reduces snack food intake and hunger in a randomized trial. *American Journal of Clinical Nutrition* 2017;106:1347-57.
- Keller KL. Brain stimulation for treatment of obesity: will stimulating the prefrontal cortex reduce overeating? *American Journal of Clinical Nutrition* 2017;106:1331-32.

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