The Journal of Nutrition Media Alerts

The following articles have been published in the December 2017 issue of The Journal of Nutrition, a publication of the American Society for Nutrition. Summaries of the selected articles appear below; the full text of each article is available by clicking on the links listed. Manuscripts published in The Journal of Nutrition 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):

- Vitamin D and protein for breakfast? Might be beneficial for older people
  For More Information To contact the corresponding author, Dr. Yves Boirie, please send an e-mail to yves.boirie@inra.fr.

- New meta-analysis suggests cranberry products may be effective in preventing uncomplicated UTI recurrence in healthy women
  For More Information To contact the corresponding author, Dr. Mei Chung, please send an e-mail to mei.chun.chung@tufts.edu.

- High-protein bedtime snacks – a good idea for older individuals?
  For More Information To contact the corresponding author, Dr. Luc van Loon, please send an e-mail to l.vanloon@maastrichtuniversity.nl.

Read full summaries here.

A minimally-invasive super child sampling approach provides meaningful estimates of vitamin A status and kinetics

Accurately assessing vitamin A status remains a challenge, which is why supplementation of children with preformed vitamin A is used to combat the problem in many areas where vitamin A deficiency is prevalent. However, use of...
plant sources of carotenoids is a safer option, but the level of conversion to retinol can be quite low for some plant sources, and can be quite variable between sources. Both of these issues are addressed by a paper by Lopez-Teros and colleagues in the December issue of *The Journal of Nutrition*. Blood samples (up to 2 per child) were collected at 10 sampling times from 7 hours to 35 days after the children (n=15, 17-30 months of age) consumed intrinsically labeled ß-carotene from *Moringa oleifera* leaves. The data from each child was combined into a “super-child” dataset to estimate vitamin A equivalence of carotenoids from this plant, total body vitamin A stores and plasma retinol kinetics. The appearance of retinol in plasma and its turnover was more rapid in children than has been previously observed in adults. The model predicted total body stores were similar to the amounts estimated using a retinol isotope dilution equation. Conclusions drawn by the authors and echoed in a commentary in this issue are that the super-child approach is a viable technique to monitor vitamin A status in a minimally invasive manner. The authors further conclude that *Moringa oleifera* leaves appear to be a viable carotenoid source that can be used to meet the vitamin A needs in areas where the plant grows well and where vitamin A deficiency is a problem.


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