



ASN Publications

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
- New meta-analysis suggests cranberry products may be effective in preventing uncomplicated UTI recurrence in healthy women
- High-protein bedtime snacks – a good idea for older individuals?
- **A minimally-invasive super child sampling approach provides meaningful estimates of vitamin A status and kinetics**

[Vitamin D and protein for breakfast? Might be beneficial for older people](#)

Reference Chanut A, Verlaan S, Salles J, Giraudet C, Patrac V, Pidou V, Pouyet C, Hafnaoui N, Blot A, Cano N, Farigon N, Bongers A, Jourdan M, Luiking Y, Walrand S, Boirie Y. [Supplementing breakfast with a vitamin D and leucine-enriched whey protein medical nutrition drink enhances postprandial muscle protein synthesis and muscle mass in healthy older men](#). *Journal of Nutrition* 2017 147: 2262-2271

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](#)

Reference Fu Z, Liska D, Talan D, Chung M. [Cranberry reduces the risk of urinary tract infection recurrence in otherwise healthy women: a systematic review and meta-analysis](#). *Journal of Nutrition* 2017 147: 2282-2288

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?](#)

Reference Kouw IWK, Holwerda AM, Trommelen J, Kramer IF, Bastiaanse J, Halson SL, Wodzig WKWH, Verkijk LB, van Loon LJC. [Protein ingestion before sleep increases overnight muscle protein synthesis rates in healthy older men: a randomized controlled trial](#). *Journal of Nutrition* 2017 147: 1875-1884

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Read full summaries [here](#).

JN Editor's Pick

[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

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plant source 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 β -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.

Reference Lopez-Teros V, Ford JL, Green MH, Tang G, Grusak MA, Quihui-Cota L, Muzhingi T, Paz-Cassini M, Astiazaran-Garcia H. [Use of a "super-child" approach to assess the vitamin A equivalence of *Moringa oleifera* leaves, develop a compartmental model for vitamin A kinetics, and estimate vitamin A total body stores in young Mexican children.](#) *Journal of Nutrition* 147:2356-2363, 2017.

For More Information To contact the corresponding author, Humberto Astiazaran-Garcia, please send an email to hastiazaran@ciad.mx.

Commentary provided by Lopez-Teros V, Ford JL, Green MH, Tang G, Grusak Novotny JA. [Vitamin A status in children: Mathematical modeling provides new progress on an old problem *Moringa oleifera* leaves, develop a compartmental model for vitamin A kinetics, and estimate vitamin A total body stores in young Mexican children.](#) *Journal of Nutrition* 147:2207-2208, 2017.

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