The American Journal of Clinical Nutrition

Media Alerts

The following articles have been published in the January 2018 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 Choice in bold):

- Scientists verify their ability to successfully coach people to sleep longer and decrease daily sugar intake.
- Documenting nutrient intake: a task more difficult than you might imagine.
- Researchers find no effect of Ramadan fasting on overall energy expenditure.

Scientists verify their ability to successfully coach people to sleep longer and decrease daily sugar intake
Not getting enough sleep is emerging as an important risk factor for a variety of conditions, including obesity, type 2 diabetes, and cardiovascular disease. In this study, researchers validate methods to better assess the mechanisms underpinning these associations and find that sleeping more might lower sugar consumption.


Documenting nutrient intake: a task more difficult than you might imagine
Scientists test validity of US National Cancer Institute’s automated, self-administered, 24-hour recall method (ASA24) for estimating nutrient intake; find it somewhat adequately reflects diet, especially if used repeatedly.

AJCN Editor's Choice

Researchers find no effect of Ramadan fasting on overall energy expenditure

Even with dawn-to-dusk fasting, Muslims honoring Ramadan fasting traditions likely do not alter their resting metabolic rate or energy expenditure. However, Ramadan fasting is related to lower activity levels and less sleep.

Every year, millions of Muslims around the world celebrate Ramadan, a holy month of intense prayer, fasting from sun-up to sun-down, followed by nightly feasts. Some studies have shown that fasting during Ramadan may reduce overall food intake and cause people to lose weight. However, in a study reported in the January 2018 issue of The American Journal of Clinical Nutrition, researchers report no differences in resting metabolic rate, energy expenditure, or body weight during Ramadan.