

ASN Publications

The Journal of Nutrition Media Alerts

The following articles have been published in the November 2018 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:

- Can different types of dietary fats influence long-term weight change?
- Can lowering saturated fat and increasing vegetable and fruit intake improve insulin sensitivity in children with a parental history of obesity?
- Can dietary protein supplementation enhance the benefits of resistance training for older, healthy men?

Can different types of dietary fats influence long-term weight change?

There are many factors that contribute to age-related weight gain, and diet is certainly one of them. When it comes to long-term weight control, just counting calories may not be enough. Because fat has more than twice as many calories per gram (9 kcal/g) as other macronutrients (carbohydrates and protein 4 kcal/g, respectively), there is a tendency to favor diets that are low in fat. However, this often leads to a compensatory increase of refined carbohydrates and foods with added sugars. Although the relation between dietary fat intake and body weight remains controversial, few studies have examined long-term changes in types of dietary fat and weight change over time. A study conducted by [Hu and colleagues](#) examined associations between intake of different types of fat and long-term weight change in US women and men from 3 independent prospective cohort studies.

Reference: Liu X, Li Y, Tobias DK, Wang DD, Manson JE, Willett WC, Hu FB. [Changes in Types of Dietary Fats Influence Long-term Weight Change in US Women and Men](#). *J Nutr* 2018 148(11):1821-29.

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Can lowering saturated fat and increasing vegetable and fruit intake improve insulin sensitivity in children with a parental history of obesity?

According to health experts, excess body weight is an indisputable risk factor associated with type 2 diabetes. For this reason, the increasing prevalence of childhood obesity is a matter of great concern. Even at a young age (childhood and pre-adolescence), excess body weight elevates risk of developing diabetes later in life. Identifying dietary factors that influence insulin sensitivity and secretion may help prevent type 2 diabetes in at-risk children. A study conducted by [Henderson and colleagues](#) examined whether macronutrients and food groups are longitudinally associated with insulin sensitivity and secretion over a 2 y period in children with a parental history of obesity, and whether associations differ by level of adiposity.

Reference: Van Hulst A, Paradis G, Harnois-Leblanc S, Benedetti A, Drapeau V, Henderson M. [Lowering Saturated Fat and Increasing Vegetable and Fruit Intake May Increase Insulin Sensitivity 2 Years Later in Children with a Family](#)

Important Dates

Nov 27-30. [42nd NSA Annual Scientific Meeting](#) (Canberra, ACT, Australia)

Jan 12, 2019. [CNS Thematic Conference - Healthy Diets and Weight: Sorting Fact from Fiction](#) (Toronto, ON, Canada)

Mar 7, 2019. [6th International Conference on Nutrition and Growth](#) (Valencia, Spain)

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Can dietary protein supplementation enhance the benefits of resistance training for older, healthy men?

A decline in skeletal muscle mass and strength is a natural consequence of aging. Although there are many factors that contribute to age-related muscle loss, it is most pronounced in sedentary, older adults. In fact, one of the most effective ways to improve muscle mass and strength in older adults is regular physical activity, and resistance exercise in particular. In young adults, there is evidence that the adaptive response of skeletal muscle to resistance exercise training is further augmented by protein supplementation. This muscle protein synthetic response may be further enhanced when dietary protein is ingested before sleep. This is attributed to increased overnight muscle protein synthesis rates in response to resistance exercise. However, it is less clear if protein supplementation promotes muscle mass and strength gains in a similar fashion in older adults. A study conducted by [van Loon and colleagues](#) investigated whether protein supplementation after exercise and before sleep augments muscle mass and strength gains during resistance exercise training in older adults.

Reference: Holwerda AM, Overkamp M, Paulussen KJM, Smeets JSJ, van Kranenburg J, Backx EMP, Gijsen AP, Goessens JPB, Verdijk LB, van Loon LJC. [Protein Supplementation after Exercise and before Sleep Does Not Further Augment Muscle Mass and Strength Gains during Resistance Exercise Training in Active Older Men](#). *J Nutr* 2018 148(11):1723-32.

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Food and vegetable intake and health benefits in all ages
Changes in levels of vitamin D and bone mineral density
Self-reported eating behavior patterns for energy 3-year adults
Physical activity and health-related quality of life in older men
Lipid profile and language and health-related quality of life

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