EDITOR’S OUTLOOK: You Are What Your Mother Ate

PRESIDENT’S PAGE: Lead in Continuing the Journey, Enjoying Successes

TOPICS OF PROFESSIONAL INTEREST: The Great Fat Debate: A Closer Look at the Controversy—Questioning the Validity of Age-Old Dietary Guidance
Kathleen Zelman, MPH, RD, LD

TOPICS OF PROFESSIONAL INTEREST: The Great Fat Debate: Total Fat and Health
Walter C. Willett, MD, DrPH

TOPICS OF PROFESSIONAL INTEREST: The Great Fat Debate: Reducing Cholesterol
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TOPICS OF PROFESSIONAL INTEREST: The Great Fat Debate: Taking the Focus Off of Saturated Fat
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TOPICS OF PROFESSIONAL INTEREST: The Great Fat Debate: The Importance of Message Translation
Alice H. Lichtenstein, DSc

TOPICS OF PROFESSIONAL INTEREST: The Great Fat Debate: Q & A

COMMENTARY: Open-Access to Nutrition Research Information: A Public Policy Debate
Jackie W. Ammerman, DMin, MLin

RESEARCH EDITORIAL: Methodologic Approaches Influence Assessment of Calcium Intakes
Susan M. Krebs-Smith, PhD, RD; Sharon I. Kirkpatrick, PhD, RD

ORIGINAL RESEARCH: Calcium Intake in the United States from Dietary and Supplemental Sources across Adult Age Groups: New Estimates from the National Health and Nutrition Examination Survey 2003-2006
Kelsey M. Mangano, MS, RD; Stephen J. Walsh, ScD; Karl L. Insogna, MD; Anne M. Kenny, MD; Jane M. Kerstetter, PhD, RD

(This article has been approved for Continuing Professional Education credit. The Continuing Professional Education Learning Need Codes for this article are 2000, 2090, 3000, and 4000.)

(See This Month in the Journal of the American Dietetic Association, page 649.)

ONLINE EXTRAS
Information from Tables 1 and 2 and the Figure in this article are available online at www.adajournal.org as part of a PowerPoint presentation featuring additional online-only content.
ORIGINAL RESEARCH: Nutrition Knowledge: A Mediator between Socioeconomic Position and Diet Quality in Australian First-Time Mothers
Emily R. McLeod; Karen J. Campbell, PhD, GradDip Diet, GradDip Health Ed, MPH; Kylie D. Hesketh, PhD
(This article has been approved for Continuing Professional Education credit. The Continuing Professional Education Learning Need Codes for this article are 3000, 4000, 4120, and 4180.)
This study investigated the independent contribution of socioeconomic position to nutrition knowledge and diet quality, and assessed nutrition knowledge as a mediator between socioeconomic position and diet quality. The authors concluded that poor maternal dietary quality may have implications for both mother and child, and socioeconomic position and nutrition knowledge are likely to be important.

QUALITATIVE RESEARCH: Pulga (Flea Market) Contributions to the Retail Food Environment of Colonias in the South Texas Border Region
Wesley R. Dean, PhD; Joseph R. Sharkey, PhD, MPH, RD; Julie St. John, MPH
(See This Month in the Journal of the American Dietetic Association, page 649.)

RESEARCH AND PROFESSIONAL BRIEFS: Home Gardening Is Associated with Filipino Preschool Children's Dietary Diversity
Aegina B. Cabalda, RND; Pura Rayco-Solon, MD, MSc; Juan Antonio A. Solon, MD, MSc; Florentino S. Solon, MD, MPH
(See This Month in the Journal of the American Dietetic Association, page 649.)

RESEARCH AND PROFESSIONAL BRIEFS: Increasing Vegetable Intake in Mexican-American Youth: A Randomized Controlled Trial
Craig A. Johnston, PhD; Jennette L. Palcic, PhD; Chermaine Tyler, PhD; Sandra Stansberry; Rebecca S. Reeves, DrPH, RD, FADA; John P. Foreyt, PhD
(See This Month in the Journal of the American Dietetic Association, page 649.)

RESEARCH AND PROFESSIONAL BRIEFS: More Nutritious Food Is Served in Child-Care Homes Receiving Higher Federal Food Subsidies
Pablo Monsivais, PhD, MPH; Shannon Kirkpatrick, MPH, RD; Donna B. Johnson, PhD, RD
This cross-sectional study tested the hypothesis that higher reimbursement rates for food result in higher food expenditures and higher nutritional quality of foods served in family child-care homes participating in the US Department of Agriculture's Child and Adult Care Food Program (CACFP). The finding that reimbursement rates were positively associated with food expenditures and the nutritional quality of foods served suggests that raising CACFP reimbursements can improve child nutrition.

RESEARCH AND PROFESSIONAL BRIEFS: Smaller Food Item Sizes of Snack Foods Influence Reduced Portions and Caloric Intake in Young Adults
David Marchiori; Laurent Waroquier, PhD; Olivier Klein, PhD
This study evaluated the effect of altering the size of food items (ie, small vs large candies) of equal-size food portions on short-term energy intake while snacking. Results showed that decreasing the item size of candies led participants to decrease by half their gram weight intake, resulting in an energy intake decrease of 60 kcal.
RESEARCH AND PROFESSIONAL BRIEFS: Food Choice and Diet Variety in Weight-Restored Patients with Anorexia Nervosa
Janet E. Schebendach, PhD, RD; Laurel E. Mayer, MD; Michael J. Devlin, MD; Evelyn Attia, MD; Isobel R. Contento, PhD; Randi L. Wolf, PhD; B. Timothy Walsh, MD

Weight-restored females with anorexia nervosa with limited diet variety, assessed by a diet variety score, have been reported to have poor outcomes. Using the same patient cohort, the objective of this study was to provide a detailed description of the types of foods from which patients restrict variety in their diets. Results of the study suggest that a diet limited in total variety and specifically limited in variety from five food groups may be associated with relapse in patients with anorexia nervosa.

RESEARCH AND PROFESSIONAL BRIEFS: Vitamin C Status Is Related to Proinflammatory Responses and Impaired Vascular Endothelial Function in Healthy, College-Aged Lean and Obese Men
Eunice Mah, MS; Manuel D. Matos, MS; Diana Kawiecki, MA; Kevin Ballard, MS; Yi Guo; Jeff S. Volek, PhD, RD; Richard S. Bruno, PhD, RD

This study examined whether vascular function is interrelated with vitamin C status and inflammation in healthy, college-aged lean and obese men with no history of dietary supplementation. Analysis of the data collected suggests that low vitamin C status is associated with proinflammatory responses and impaired vascular function in lean and obese men.

RESEARCH AND PROFESSIONAL BRIEFS: Low Docosahexaenoic Acid in the Diet and Milk of American Indian Women in New Mexico
Robert H. Glew, PhD; Rosemary S. Wold, MS, RD; Benjamin Corl, PhD; Christine D. Calvin, MS, RD; Dorothy J. VanderJagt, PhD

A recent finding of low levels of docosahexaenoic acid (DHA) in the milk of lactating Hispanic and non-Hispanic white women in New Mexico prompted this study of the DHA content of the breast milk and diets of American Indian women in the state. The study found that the DHA content of the breast milk of urban American Indian women attending clinics at a university hospital in New Mexico is well below levels widely acknowledged as being healthful for infants who rely mainly on breast milk for their supply of DHA.

RESEARCH AND PRACTICE INNOVATIONS: Impact of Internet vs Traditional Special Supplemental Nutrition Program for Women, Infants, and Children Nutrition Education on Fruit and Vegetable Intake
Robert J. Bensley, PhD; Judith V. Anderson, DrPH, RD; John J. Brusk, MPH; Nelda Mercer, MS, RD, FADA; Jason Rivas, MPA

The purpose of this project was to compare the impact of Internet nutrition education to traditional nutrition education on Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) participant fruit and vegetable consumption. Based on their findings, the authors of this study support Internet nutrition education as a viable alternative to traditional nutrition education for increasing fruit and vegetable consumption in some WIC clients.

RESEARCH AND PRACTICE INNOVATIONS: Convergent Validity of a Digital Image-Based Food Record to Assess Food Group Intake in Youth
Timothy B. Matthiessen, MS; Francene M. Steinberg, PhD, RD; Lucia L. Kaiser, PhD, RD

The objectives for this study were to validate the use of a novel digital image-based food record (DIFR) method to assess food group intake in youth and examine inter-analyst reliability. The results showed great potential for use of DIFR to assess 1 day’s intake of food groups, but more research is needed to determine how well the method performs in capturing usual intake and changes in intake.
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Eleese Cunningham, RD

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