

## WHAT'S NEW @ WWW.JANDONLINE.ORG

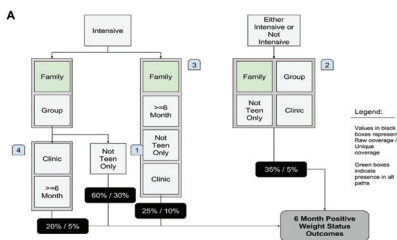
### ARTICLES ONLINE FIRST

#### Diet Quality, Inflammation, and Quality of Life in Breast Cancer Survivors: A Cross-Sectional Analysis of Pilot Study Data

Modifiable lifestyle factors, such as diet quality, could reduce inflammation and improve quality of life in breast cancer survivors, but data are inconclusive. The objective of this paper is to determine whether diet quality, as measured by Healthy Eating Index-2010 score, is associated with inflammation, health status, or functional outcomes affecting quality of life in survivors of early-stage breast cancer.

#### Pediatric Weight Management Evidence-Based Practice Guidelines: Components and Contexts of Interventions

The purpose of this article is to convey evidence-based recommendations for pediatric weight management nutrition interventions that reduce adiposity, prevent additional weight gain, and maintain improvements in adiposity. In this manner, pediatric weight management efforts can build from the registered dietitian nutritionist's knowledge and skill base, while meeting the diverse needs of clients, including children, families, and collaborators.



#### Attitude and Behavior Factors Associated with Front-of-Package Label Use with Label Users Making Accurate Product Nutrition Assessments

This paper aims to determine front-of-package label format effectiveness in aiding consumers at assessing nutrient density of food products. In addition, we sought to determine relationships between FOP label use and attitude toward healthy eating, diet self-assessment, self-reported health and nutrition knowledge, and label and shopping behaviors.

### TOP ARTICLES ON SOCIAL MEDIA

Below are some of the 2017 articles that have received the most attention on social media.

#### Understanding the Physics of Functional Fibers in the Gastrointestinal Tract: An Evidence-Based Approach to Resolving Enduring Misconceptions about Insoluble and Soluble Fiber

Enduring misconceptions about the physical effects of fiber in the gut have led to misunderstandings about the health benefits attributable to insoluble and soluble fiber. This review focuses on isolated functional fibers (eg, fiber supplements) whose effects on clinical outcomes have been readily assessed in well-controlled clinical studies, as well as three health benefits (cholesterol lowering, improved glycemic control, and normalizing stool form [constipation and diarrhea]) for which reproducible evidence of clinical efficacy has been published.

#### Consumption of Low-Calorie Sweeteners among Children and Adults in the United States

Consumption of low-calorie sweeteners (LCSs) has increased markedly during the past several decades, yet the prevalence of LCS consumption in recent years is currently unknown. The aim of this study is to describe LCS consumption in the United States and to characterize consumption by sociodemographic subgroups, source, frequency, eating occasion, and location.

### THE JOURNAL APP



The *Journal of the Academy of Nutrition and Dietetics* is available for iOS and Android! Academy members and *Journal* subscribers can get full-access articles from the convenience of a mobile device, anywhere in

the world. The *Journal* app also provides a variety of digital options, like alerts for new issues, accessibility support for the visually impaired, or the ability to share articles via e-mail or social networking.

The *Journal* app now features society sign

on for Academy members. Download and access the app using your Academy website login credentials.

For more information, or to download the app, visit <http://www.jandonline.org/content/mobileaccessinstructions>.

### EDUCATIONAL SLIDES

#### School-Based Obesity-Prevention Policies and Practices and Weight-Control Behaviors among Adolescents

**RESEARCH**  
Associations of weight-related health education curricula with school-level use of extreme weight control behaviors by junior-senior high school and high school students in Minnesota, 2010\*

Topic	Model 1 β*	Model 1 P value	Model 2 β*	Model 2 P value
Risks of unhealthy weight control	0.006	0.648	0.012	0.299
Accepting body size differences	-0.002	0.817	-0.002	0.831
Eating disorders	-0.028	0.008	-0.024	0.015
All 3 topics	-0.015	0.034	-0.012	0.067

\*Represents 33,967 students in grades 9 and 12.  
\*Models 1&2 includes school ethnic/racial minority enrollment (%), free/reduced-price meal eligibility (%), and location. Model 2 includes school overweight/obesity prevalence (%).

eat right Journal of the Academy of Nutrition and Dietetics

Larson, et al. / Acad Nutr Diet. 2017;11(2).

### FEATURED TOPIC COLLECTION

#### Diabetes

The *Journal* website features a series of specially-curated Topic Collections, where articles on common themes will be grouped together for easy browsing. This month's featured collection assembles the *Journal's* articles on the subject of Diabetes.

### Access Content Online:

#### Articles Online First:

[www.jandonline.org/inpress](http://www.jandonline.org/inpress)

#### Top Social Media Articles:

[www.journals.elsevier.com/journal-of-the-academy-of-nutrition-and-dietetics/top-articles](http://www.journals.elsevier.com/journal-of-the-academy-of-nutrition-and-dietetics/top-articles)

#### Editor's Podcasts:

[www.jandonline.org/content/editorspodcast](http://www.jandonline.org/content/editorspodcast)

#### Educational Slides:

[www.jandonline.org/content/slides](http://www.jandonline.org/content/slides)

#### Featured Topic Collection:

[www.jandonline.org/content/diabetes](http://www.jandonline.org/content/diabetes)