

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

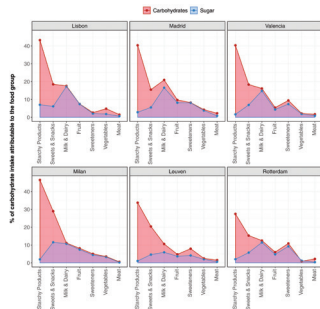
### ARTICLES ONLINE FIRST

#### Deconstructing the Family Meal: Are Characteristics of the Mealtime Environment Associated with the Healthfulness of Meals Served?

Multiple studies and guidelines emphasize the benefits associated with family meals. However, family meals are not well defined and little research has been conducted to determine whether mealtime characteristics are associated with the healthfulness of foods served. The objective of this study was to define and measure specific mealtime characteristics and examine whether these characteristics are associated with the healthfulness of meals served to young children from low-income families, as measured by the Healthy Meal Index.

#### The Relative Contribution of Food Groups to Macronutrient Intake in Children with Cystic Fibrosis: A European Multicenter Assessment

Optimal nutrition for children with cystic fibrosis (CF) improves prognosis and survival, but an increased caloric intake recommendation for this population raises concerns about the nutrient profile of their diets. The aim of this paper is to assess the relative contribution of food groups to the total macronutrient intake of European pediatric patients with CF.



#### Associations between Sleep and Dietary Patterns among Low-Income Children Attending Preschool

Sleep disturbances and low-quality diets are prevalent among children in low-income settings, yet the nature of their relationship remains unclear. In particular, whether aspects other than sleep duration,

including timing and quality, are associated with dietary patterns has rarely been examined, especially among preschool-aged children. This paper seeks to evaluate whether nightly and total sleep duration, sleep timing, differences in timing and duration from weekdays to weekends, and sleep quality were related to dietary patterns.

### PODCASTS

#### Fast-Food Offerings in the United States in 1986, 1991, and 2016 Show Large Increases in Food Variety, Portion Size, Dietary Energy, and Selected Micronutrients

Dr Megan McCrory and colleagues present new insights on how fast food may be helping to fuel the continuing problem of obesity and related chronic conditions in the United States. They examined changes over a 30-year period of menu items offered by 10 of the top fast-food restaurants.

#### Foods and Beverages Obtained at Worksites in the United States

What proportion of US adults obtain food at work, what foods do they obtain, and what is the dietary quality of these foods? Listen to results from a new study led by Stephen J. Onufrak, Division of Nutrition, Physical Activity and Obesity, Centers for Disease Control and Prevention.

### 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.

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website login credentials.

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### FEATURED TOPIC COLLECTION

#### Eating Disorders

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 Eating Disorders.

### Access Content Online:

#### Articles Online First:

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

#### Podcasts:

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