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Soft Drink Intake Is Associated with Diet Quality Even among Young Japanese Women with Low Soft Drink Intake

This study investigated the association of soft drink intake with dietary intake among young Japanese women. In April 2005, a cross-sectional survey assessed dietary intake using a validated, self-administered diet history questionnaire. Subjects were 3,931 female dietetics students aged 18 to 20 years. Analyses of the data collected revealed that soft drink intake was significantly positively associated with intake of confections, fat and oil, noodles, 100% vegetable and fruit juices, diet soft drinks, energy, and carbohydrates; and negatively with intake of vegetables, fruits, pulses, fish and shellfish, rice, eggs, potatoes, milk, coffee and black tea, traditional Japanese tea, protein, dietary fiber, cholesterol, and most of the micronutrients examined.

See pages 1997-2004.

Serum Carotenoid and Tocopherol Concentrations Vary by Dietary Pattern among African Americans

Intakes and biochemical concentrations of carotenoids and tocopherols have been associated with chronic diseases, so this study sought to describe dietary patterns in Jackson Heart Study participants and to determine whether biochemical measurements of antioxidants differ across these patterns. The authors performed a cross-sectional analysis of data for 373 African-American men and women (age 35 to 80 years) participating in the Diet and Physical Activity Substudy of the Jackson Heart Study. Dietary intake was assessed with a region-specific food frequency questionnaire, and patterns were defined by cluster analysis of food groups as percent energy intake. Diets high in fast foods, snacks, soft drinks, and meat were associated with relatively low concentrations of carotenoids and α -tocopherol.

See pages 2013-2020.

Underreporting of Energy Intake in Brazilian Women Varies According to Dietary Assessment: A Cross-Sectional Study Using Doubly Labeled Water

Underreporting of energy intake is prevalent in food surveys, but there is controversy about which dietary assessment method provides greater underreporting rates, so this study compared the validity of self-reported energy intake obtained by three dietary assessment methods with total energy expenditure (TEE) obtained by doubly labeled water (DLW) among Brazilian women. Subjects were 65 females aged 18 to 57 years. Main outcome measures were TEE determined by DLW and energy intake estimated by three 24-hour recalls, a 3-day food record, and a food frequency questionnaire (FFQ). Mean TEE was 2,622 kcal, while mean energy intake was 2,078 kcal for the diet recalls, 2,044 kcal for the food record, and 1,984 kcal for the

FFQ. Obese subjects underreported more than normal-weight subjects in the diet recalls and food records, but not in the FFQ. Years of education, income, and ethnicity were associated with reporting accuracy.

See pages 2031-2040.

Validation of a Food Choice Map with a 3-Day Food Record and Serum Values to Assess Folate and Vitamin B-12 Intake in College-Aged Women

The objective of this study was to validate a new assessment technique for estimating folate and vitamin B-12 intakes, known as the Food Choice Map (FCM), using serum folate and vitamin B-12 concentrations in a group of 95 women aged 18 to 25 years. The FCM tool was used in a cross-sectional study design to estimate the usual folate and vitamin B-12 intakes of each participant. Immediately thereafter, blood samples were taken to determine serum folate and vitamin B-12 concentrations. Subsequently, 3-day food records were completed during each of 3 successive weeks and used as the reference method. Validity coefficients were calculated using the method of triads. The authors found no significant difference between the FCM and 3-day food records in the correlations with serum values; however, the validity coefficient for the FCM was higher than that for the 3-day food record for both folate and B-12, providing validation for the use of the FCM for estimating folate and vitamin B-12 in women of reproductive age.

See pages 2041-2050.

