Science trumps politics: urinary sodium data challenge US dietary sodium guideline. See corresponding article on page 1120.

Nonprescribed physical activity energy expenditure is maintained with structured exercise and implicates a compensatory increase in energy intake.

Emotional eating and physical activity self-efficacy as symptoms and adiposity indicators.

Dietary intake and status of n-3 polyunsaturated fatty acids in a population of fish-eating and non-fish-eating meat-eaters, vegetarians, and vegans and the precursor-product ratio of n-3 polyunsaturated fatty acids: results EPIC-Norfolk cohort.

Effects of Concord grape juice on ambulatory blood pressure in prehypertension and stage 1 hypertensive patients with head and neck cancer improves long-term survival.

Survival predictability of lean and fat mass in men and women undergoing maintenance hemodialysis.

Fructose and glucose co-ingestion during prolonged exercise increases lactate and glucose fluxes and protein synthesis and mTORC1 signaling.

Effect of dihydrocapsiate on resting metabolic rate in men.

Random serial sampling to evaluate efficacy of iron fortification: a randomized controlled trial of margarine edetate.

Vitamin A equivalence of the b-carotene–biofortified maize porridge consumed by women.

Dietary choline requirements of women: effects of estrogen and genetic variation.

Caffeine consumption during pregnancy and risk of preterm birth: a meta-analysis.

Nutrition in infancy and long-term risk of obesity: evidence from 2 randomized controlled trials.

Perioperative arginine-supplementation improves survival.
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