Contents

Articles

■ COMMENTARIES

Diet Patterns and Mortality: Common Threads and Consistent Results
Marjorie L. McCullough 795

Protein-Centric Meals for Optimal Protein Utilization: Can It Be That Simple?
Nancy R. Rodriguez 797

■ BIOCHEMICAL, MOLECULAR, AND GENETIC MECHANISMS

Ocular Inflammation and Endoplasmic Reticulum Stress Are Attenuated by Supplementation with Grape Polyphenols in Human Retinal Pigmented Epithelium Cells and in C57BL/6 Mice
Jung-Heun Ha, Pollob Kumar Shil, Ping Zhu, Liwei Gu, Qiuohong Li, and Soonkyu Chung 799

■ GENOMICS, PROTEOMICS, AND METABOLOMICS

Metabolomics Reveals Differences in Postprandial Responses to Breads and Fasting Metabolic Characteristics Associated with Postprandial Insulin Demand in Postmenopausal Women
Ali A. Moazzami, Aahana Shrestha, David A. Morrison, Kaisa Poutanen, and Hannu Mykkanen 807

A Peptidomic Analysis of Human Milk Digestion in the Infant Stomach Reveals Protein-Specific Degradation Patterns
David C. Dallas, Andrés Guerrero, Nora Khalid, Robyn Borghese, Aashish Bhandari, Mark A. Underwood, Carlito B. Lebrilla, J. Bruce German, and Daniela Barile 815

■ NUTRIENT PHYSIOLOGY, METABOLISM, AND NUTRIENT-NUTRIENT INTERACTIONS

Dietary Protein Level and Source Differentially Affect Bone Metabolism, Strength, and Intestinal Calcium Transporter Expression during Ad Libitum and Food-Restricted Conditions in Male Rats
Erin Gaffney-Stomberg, Jay J. Cao, Gregory G. Lin, Charles R. Wulff, Nancy E. Murphy, Andrew J. Young, James P. McClung, and Stefan M. Pasiakos 821

■ NUTRITION AND DISEASE

Freeze-Dried Strawberries Lower Serum Cholesterol and Lipid Peroxidation in Adults with Abdominal Adiposity and Elevated Serum Lipids
Arpita Basu, Nancy M. Betts, Angel Nguyen, Emily D. Newman, Dongxu Fu, and Timothy J. Lyons 830

Iron Supplementation in Infancy Contributes to More Adaptive Behavior at 10 Years of Age
Betsy Lozoff, Marcela Castillo, Katy M. Clark, Julia B. Smith, and Julie Sturza 838

Development of a Food-Exchange Model to Replace Saturated Fat with MUFAs and n-6 PUFAs in Adults at Moderate Cardiovascular Risk
Michelle Weech, Katerina Vafeiadou, Marinela Hasaj, Susan Todd, Parveen Yaqoob, Kim G. Jackson, and Julie A. Lovegrove 846
Sweetened Beverage Consumption Is Associated with Increased Risk of Stroke in Women and Men
Susanna C. Larsson, Agneta Åkesson, and Alicja Wolk 856

High Fish plus Fish Oil Intake Is Associated with Slightly Reduced Risk of Venous Thromboembolism: The Tromsø Study

Quercetin Supplementation Attenuates the Progression of Cancer Cachexia in ApcMin/− Mice
Kandy T. Velázquez, Reilly T. Enos, Aditi A. Narsale, Melissa J. Puppa, J. Mark Davis, E. Angela Murphy, and James A. Carson 868

NUTRIENT REQUIREMENTS AND OPTIMAL NUTRITION

Dietary Protein Distribution Positively Influences 24-h Muscle Protein Synthesis in Healthy Adults
Madonna M. Mamerow, Joni A. Mettler, Kirk L. English, Shanon L. Casperson, Emily Arentson-Lantz, Melinda Sheffield-Moore, Donald K. Layman, and Douglas Paddon-Jones 876

NUTRITIONAL EPIDEMIOLOGY

Higher Diet Quality Is Associated with Decreased Risk of All-Cause, Cardiovascular Disease, and Cancer Mortality among Older Adults
Jill Reedy, Susan M. Krebs-Smith, Paige E. Miller, Angela D. Liese, Lisa L. Kahle, Yikyung Park, and Amy F. Subar 881

Caffeine and Alcohol Intakes and Overall Nutrient Adequacy Are Associated with Longitudinal Cognitive Performance among U.S. Adults
May A. Beydoun, Alyssa A. Gamaldo, Hind A. Beydoun, Toshibko Tanaka, Katherine L. Tucker, Sameera A. Talegawkar, Luigi Ferrucci, and Alan B. Zonderman 890

Serum Carbon Isotope Values Change in Adults in Response to Changes in Sugar-Sweetened Beverage Intake

Iron Supplementation Benefits Physical Performance in Women of Reproductive Age: A Systematic Review and Meta-Analysis
Sant-Rayn Pasricha, Michael Low, Jane Thompson, Ann Farrell, and Luz-Maria De-Regil 906

High-Dose Compared with Low-Dose Vitamin B-12 Supplement Use Is Not Associated with Higher Vitamin B-12 Status in Children, Adolescents, and Older Adults
Amanda J. MacFarlane, Yipu Shi, and Linda S. Greene-Finestone 915

Dietary Soy Intake Is Not Associated with Risk of Cardiovascular Disease Mortality in Singapore Chinese Adults
Mohammad Talaei, Woon-Puay Koh, Rob M. van Dam, Jian-Min Yuan, and An Pan 921

Simple Changes within Dietary Subgroups Can Rapidly Improve the Nutrient Adequacy of the Diet of French Adults
Eric O. Verger, Bridget A. Holmes, Jean François Huneau, and François Mariotti 929

Healthy Dietary Habits Score as an Indicator of Diet Quality in New Zealand Adolescents
Jyh Eiin Wong, Paula M. L. Skidmore, Sheila M. Williams, and Winsome R. Parnell 937

Iron-Containing Micronutrient Supplementation of Chinese Women with No or Mild Anemia during Pregnancy Improved Iron Status but Did Not Affect Perinatal Anemia
Zuguo Mei, Mary K. Serdula, Jian-meng Liu, Rafael C. Flores-Ayala, Linlin Wang, Rongwei Ye, and Laurence M. Grummer-Strawn 943

Caloric Beverages Were Major Sources of Energy among Children and Adults in Mexico, 1999–2012
Dalia Stern, Carmen Piernas, Simon Barquera, Juan A. Rivera, and Barry M. Popkin 949
COMMUNITY AND INTERNATIONAL NUTRITION

**Double-Fortified Salt Is Efficacious in Improving Indicators of Iron Deficiency in Female Indian Tea Pickers**
Jere D. Haas, Maike Rahn, Sudha Venkatramanan, Grace S. Marquis, Michael J. Wenger, Laura E. Murray-Kolb, Annie S. Wesley, and Gregory A. Reinhart

Catch-Up Growth Occurs after Diarrhea in Early Childhood

The Acute Phase Response Affected Traditional Measures of Micronutrient Status in Rural Zambian Children during a Randomized, Controlled Feeding Trial
Kara A. Bresnahan, Justin Chileshe, Sara Arscott, Emily Nuss, Rebecca Surles, Cassim Masi, Emmanuel Kafwembe, and Sherry A. Tanumihardjo

Micronutrient Deficiencies Are Common in 6- to 8-Year-Old Children of Rural Nepal, with Prevalence Estimates Modestly Affected by Inflammation

NUTRITIONAL IMMUNOLOGY

**Dietary Arginine Supplementation of Mice Alters the Microbial Population and Activates Intestinal Innate Immunity**
Wenkai Ren, Shuai Chen, Jie Yin, Jielin Duan, Tiejun Li, Gang Liu, Zemeng Feng, Bie Tan, Yulong Yin, and Guoyao Wu

From the American Society for Nutrition

Calendar of Events

Cover image: The impact of strawberry supplementation on cardiovascular risk factors in adults is the subject of a current article by Basu et al., pages 830–837 in this issue. Photo credit, USDA, photo by Brian Prechtel.