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- (See This Month in the *Journal of the American Dietetic Association*, page 593.)
- 631 **CURRENT RESEARCH: Drinking Flavored or Plain Milk Is Positively Associated with Nutrient Intake and Is Not Associated with Adverse Effects on Weight Status in US Children and Adolescents**
Mary M. Murphy, MS, RD; Judith S. Douglass, MS, RD; Rachel K. Johnson, PhD, MPH, RD; Lisa A. Spence, PhD, RD

The purpose of this study was to compare nutrient intakes and body measures among children and adolescents drinking flavored milk (with or without plain milk), exclusively plain milk, and no milk. Data used in the study included intakes reported in 24-hour dietary recalls and height and weight measurements collected for 7,557 children and adolescents ages 2 to 18 years during a physical examination in the 1999-2002 National Health and Nutrition Examination Survey. The milk drinking status of each person was identified, and nutrient intakes and body mass index (BMI) measures were determined by milk drinking status. Comparing the data revealed that intakes of vitamin A, calcium, phosphorus, magnesium, potassium, and saturated fat were generally comparable among milk drinking groups, while intakes by milk nondrinkers were significantly lower. These findings suggest that consumption of either flavored or plain milk is associated with a positive impact on nutrient intakes by children and adolescents and is not associated with adverse effects on BMI measures.

640 **CURRENT RESEARCH: A Descriptive Study of Past Experiences with Weight-Loss Treatment**

Lora E. Burke, PhD, MPH, FAAN; Ann Steenkiste, MS; Edwin Music, MSIS; Minda A. Styn, PhD

The authors of this study examined individuals' prior experiences with weight-loss treatment, their treatment preferences, and what was most and least satisfying, in order to improve the current approach to treatment. Questionnaire packets were mailed to 155 individuals who had registered for a weight-loss study wait list and met standard criteria for a weight-loss program. Descriptive analyses of the participants' past history with weight-loss treatment revealed that participants were, on average, 21.1 ± 8.9 years old when they first tried a weight-loss program, and 96.3% had tried to lose weight since that first time. The two most frequently tried programs were *doing it on their own* and *commercial programs*. Barriers included *having trouble controlling what I eat when hungry*, *difficulty motivating myself to eat appropriately*, and *using food as a reward*. Preferred weight-loss regimens were *doing it on their own* and a *research program*.

ONLINE EXTRA

Information from Tables 1, 3, and 6 in this article is available online at www.adajournal.org as part of a PowerPoint presentation featuring additional online-only content.



647 **APPLICATION: Dieters Need Flexibility and Professional Support to Succeed**
Eileen Vincent, MS, RD

649 **ANNOUNCEMENT: Free Member Benefit: Online Journal CPE**

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651 **CURRENT RESEARCH: Diet Quality Varies by Race/Ethnicity of Head Start Mothers**

Sharon L. Hoerr, PhD, RD; Eugenia Tsuei, MS, RD; Yan Liu, MS; Frank A. Franklin, MD, PhD, MPH; Theresa A. Nicklas, DrPH

(This article has been approved for both Continuing Professional Education credit and Continuing Medical Education credit. The Continuing Professional Education Learning Need Codes for this article are 3000, 3020, 4000, and 4180.)

This study compared nutrient and food intakes of multiethnic mothers with children in Head Start from Texas and Alabama. A sample of 603 mothers was interviewed from fall 2004 to spring 2005. Diet quality was evaluated by averaging 24-hour dietary recalls from 3 nonconsecutive days and calculating the percent meeting the Estimated Average Requirement, the Dietary Guidelines for fat and added sugar, and the Mean Adequacy Ratio (MAR) for eight nutrients. The average MAR scores for diet quality were low overall, but 44% of Hispanic American mothers had MARs <85, while 96% to 97% of other groups did. Most mothers exceeded 35% kcal from fat, with Hispanic-American mothers having the lowest percentage, as well as the lowest excess sugar intakes, and the highest intake of fruits and vegetables/day. Despite limited food resources, Hispanic-American mothers consumed adequate amounts of fruit and vegetables.



659 **APPLICATION: Fruit, Vegetable, and Dairy Intake Predicts Nutritional Adequacy**
Eileen Vincent, MS, RD



661 **REVIEW: Advances in Celiac Disease and the Gluten-Free Diet**

Mary M. Niewinski, MS, RD

(This article has been approved for both Continuing Professional Education credit and Continuing Medical Education credit. The Continuing Professional Education Learning Need Codes for this article are 5000, 5110, and 5220.)

(See This Month in the Journal of the American Dietetic Association, page 593.)

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