**Inflammation Reduced in Those With Higher Vitamin D Levels**

Research conducted at the University of Missouri's Department of Nutritional Sciences by Catherine A. Peterson, PhD, RD, has correlated low vitamin D levels with an increased marker of inflammation.*

The study included 69 women classified as being high or low in vitamin D based on ultraviolet-B exposure. Mean serum vitamin D levels were significantly greater in those with increased sun exposure compared with those in the low D group. Dr. Peterson found that the inflammatory marker TNF-alpha averaged 0.79 pg/mL in the high vitamin D group and 1.22 pg/mL among those categorized as low in the vitamin. Higher serum vitamin D levels were also correlated with lower TNF-alpha levels.

The study is the first to determine an association between low levels of TNF-alpha and higher vitamin D levels in a healthy population. The discovery could help explain the protective association found for vitamin D against inflammatory diseases. —Dayna Dye


**Curcumin Reduces Adipose Tissue Formation in Mice**

A recent issue of the *Journal of Nutrition* reports the discovery by researchers at Tufts University of a reduction in the formation of adipose (fat) tissue and the blood vessels that feed it in mice given high-fat diets supplemented with curcumin, the major polyphenol in turmeric.*

The researchers divided 18 mice to receive a control diet, a high-fat diet, or a high-fat diet supplemented with curcumin for 12 weeks. At the end of the treatment period, mice that received the high-fat diet had gained more weight than those that received the low-fat diet; however, the effect was reduced in mice that received curcumin, even though the same amount of food was consumed. Additionally, curcumin-treated mice experienced a reduction in vascular endothelial growth factor (VEGF), indicating reduced angiogenesis, as well as significantly lower microvessel density in adipose tissue.

—Dayna Dye


**Poor Diet Quality Predicts Mortality in Men Over a Seven-Year Period**

Swedish researchers report that men who consume a high amount of unhealthy foods and fail to consume enough beneficial foods have a greater risk of dying over a 7.7-year average period compared with those whose diets are healthier.*

Researchers analyzed data from 40,837 participants in the Cohort of Swedish Men. Responses to dietary questionnaires completed upon enrollment were scored on the intake of 36 recommended foods and 16 non-recommended food items. Between 1998 and 2005, 4,501 deaths were documented.

Men with a high recommended food score had a 19% lower rate of dying over follow-up compared with men who scored low in recommended foods. When non-recommended food scores were analyzed, those with high scores had a 21% greater risk of mortality compared with men who had low food scores.

The findings indicate that not only frequency but diversity of healthy foods is important to wellness. —Dayna Dye
