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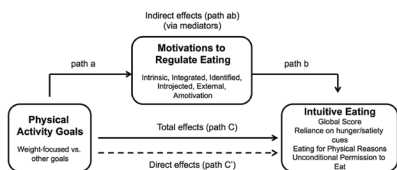
ARTICLES ONLINE FIRST

"It's a Feeling That One Is Not Worth Food": A Qualitative Study Exploring the Psychosocial Experience and Academic Consequences of Food Insecurity Among College Students

The issue of food insecurity is one of growing concern among institutions of higher learning in the United States. In addition to studies on the prevalence and risk factors, research is needed to better understand the mechanisms by which food insecurity affects students' health and well-being. This paper explores the experience of food insecurity among college students and its impact on psychosocial health and academic performance.

Weight-Focused Physical Activity Is Associated with Poorer Eating Motivation Quality and Lower Intuitive Eating in Women

Evidence suggests that physical activity may be related to improved eating regulation, helping people self-regulate their eating in a healthier way. Yet the positive associations between physical activity and eating-related behaviors appear to depend on the goals pursued by individuals when they engage in physical activity. This study investigated differences in eating motivations (informed by Self-Determination Theory) and intuitive eating between women who did physical activity to lose weight (PA-Wt) vs for non-weight goals (PA-NWt), and explores whether eating motivations mediate associations between weight-focused physical activity and intuitive eating.



Assessing the Public's Comprehension of Dietary Guidelines: Use of MyPyramid or MyPlate Is Associated with Healthier Diets Among US Adults

The Dietary Guidelines for Americans (DGA) provide a framework for food and nutrition programming in the United States as well as the foundation for individualized dietary guidance. Public utilization of the DGA, specifically the MyPyramid

or MyPlate tool, is not well studied. The objective of this study was to evaluate the relationship between public knowledge of the 2010 DGA assessed by use of the MyPyramid or MyPlate dietary plan and various markers of diet intake (including dietary energy density and Food Patterns Equivalents Database component scores) in US adults.

EDITOR'S PODCASTS

Validation of Dietary Instruments

In this podcast, JAND Editor-in-Chief Linda Snetelaar, PhD, RDN, LD, FAND, is joined by Sharon Kirkpatrick, PhD, RD, associate professor at the School of Public Health and Health Systems at the University of Waterloo. The two discuss the importance of validating dietary instruments to ensure the use of the best possible instruments in research.

How Healthy Is the American Diet? The Healthy Eating Index Helps Determine the Answer — Leading Nutrition Experts Present Insights into the HEI-2015 in the Journal of the Academy of Nutrition and Dietetics

JAND Editor-in-Chief Linda Snetelaar, PhD, RDN, LD, FAND, and Susan Krebs-Smith, PhD, former chief of the Risk Factor Assessment Branch of the National Cancer Institute, discuss the development of the Healthy Eating Index (HEI), the most recent HEI update, and ways in which dietetics practitioners can use the HEI in research and practice.

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FEATURED TOPIC COLLECTION

Dietetics Education

The *Journal* website features a series of specially-curated Topic Collections, where articles on common themes will be grouped together for easy browsing. This month's featured collection assembles the *Journal's* articles on the subject of Dietetics Education.

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