August Issue
Part Two

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Health

A comparison between the feeding practices of parents and grandparents

Eating Behaviors | DOI: 10.1016/j.eatbeh.2014.04.006

Do grandparents know best when it comes to feeding kids?

Grandparents play an important role in the upbringing of children, but to date little research has explored their contribution to child feeding. This study, published in Eating Behaviors, explored whether there are differences in child-feeding practices between parents and grandparents. Results showed that grandparents reported providing a healthier nutritional environment than parents, however they were more likely to use food as an emotional tool and to overly restrict food from children - practices which can be detrimental to a healthy relationship with food. In addition, the more time spent with their grandchildren per week, the more feeding patterns would begin to resemble that of the parents.
**Associations between physical activity, sedentary time, sleep duration and daytime sleepiness in US adults**

*Preventive Medicine* | DOI: 10.1016/j.ypmed.2014.06.003

**Lack of physical activity is making you sleepy**

Do you often feel in need of an afternoon nap? A new study, published in *Preventive Medicine*, has looked into the association between physical activity, sedentary behaviour, and sleep duration and daytime sleepiness. Adults aged between 20 and 39 reported significantly lower levels of physical activity and more frequent daytime sleepiness. At the same time, these adults also reported increased levels of physical activity in line with increased sleep duration. Sedentary time was not associated with daytime sleepiness.

**Advanced research on the antioxidant and health benefit of elderberry (Sambucus nigra) in food – a review**

*Journal of Functional Foods* | DOI: 10.1016/j.jff.2014.07.012

**The heart health benefits of elderberries**

Elderberries have long been used for medicinal purposes in folk law, including treating flu to alleviating allergies. Published in the *Journal of Functional Foods*, this review article highlights the health benefits of elderberries, specifically in relation to heart health. Researchers found that elderberries were a good source of antioxidants and helped to prevent incidence of cardiovascular diseases and diabetes.

**Which Front-of-Pack Nutrition Label is the Most Efficient one? The Results of an Eye-Tracker Study**

*Food Quality and Preference* | DOI: 10.1016/j.foodqual.2014.07.010

**Traffic light labelling is an efficient, consumer-friendly way of communicating**

It can sometimes be difficult to quickly and easily interpret the nutritional content of the food you purchase. Currently Guideline Daily Amounts (GDAs), nutrition tables and traffic light formats are all in place to help consumers make more balanced food decisions. This study, published in *Food Quality and Preference*, looked to examine their effectiveness. Eye-tracking data showed that consumers processed data in traffic light format most efficiently, but no substantial differences were reported between the three formats in terms of perceiving healthiness.

**Science and Technology**

**Vocal modulation during courtship increases proceptivity even in naive listeners**

*Evolution and Human Behavior* | DOI: 10.1016/j.evolhumbehav.2014.06.009

**Signs of attraction – it’s all in the voice**

Dilated pupils, a racing heart rate…there are certain bodily clues that can signal sexual attraction. New research suggests that the way we speak to a potential partner may also give away our natural attraction to them. Researchers analysed the speech of participants when talking to attractive or unattractive potential partners. The results showed that both men and women modulated their voices more when speaking to attractive counterparts. Furthermore, men’s minimum pitch was lower when responding to attractive than unattractive women.
Memory of a zebrafish?

For many years fish have been known to have a “3 second memory spam”. New research, published in *Behavioural Processes*, looked to investigate whether the one-trial memory test, commonly used on mammals, is also suitable for testing zebrafish. The researchers found that these freshwater fish were able to memorise the characteristics of an object and use this information to distinguish between the familiar object and a novel object, irrespective of a two, six or 24 hour time delay. Their results highlight that this simple test can be used for effectively assessing memory performance in fish.

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