



# NUTRITION notes

YOUR MONTHLY MEMBER NEWSLETTER

ASN Nutrition Notes  
Monthly Member  
e-Newsletter

November 2017  
Edition

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## ASN's NEW Annual Meeting & Scientific Sessions: Nutrition 2018

*Registration Opens Mid-January. Details in December Nutrition Notes*



The scientific meeting to put on your calendar is **NUTRITION 2018** – ASN's brand new flagship meeting. Mark your calendar to be in Boston, June 9-12, 2018 for the immersive education and networking experience for basic, translational, clinical and population scientists and practitioners. Catch up with colleagues and make new connections in a unique scientific environment.

## NUTRITION 2018 Abstract Submission Now Open

Abstract submission for Nutrition 2018 is open! ASN encourages the submission of original research in the form of abstracts for presentation. Take advantage of this opportunity to:

- Share your research with the greatest minds in nutrition science
- Become eligible for [travel awards and scholarships](#)
- Network with peers in academia, industry and government
- Publish your work in Current Developments in Nutrition, ASN's open-access journal
- Be a part of history!

All abstracts will be reviewed and scored by 3-5 ASN members. With the exception of abstracts submitted for protocols and methods, all abstracts must include study results. Please note that omission of study results may result in a rejected abstract.

To submit an abstract, please visit the [Nutrition 2018 abstract submission website](#). The deadline for abstract submissions is January 18, 2018. Visit <https://meeting.nutrition.org/abstracts> for additional details about key dates, abstract categories, guidelines and instructions, travel award opportunities, and other resources! We look forward to seeing you and your research at Nutrition 2018!

**Note:** There will be no late-breaking submission round. All abstracts must be submitted by 1/18/2018.

**Questions?** Please contact Michelle Crispino at [mcrispino@nutrition.org](mailto:mcrispino@nutrition.org) or (240) 428-3607.

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**FASEB Supports Nutrition 2018 with Presenter Awards:  
Up to \$1,850 in Travel Funding Available**

FASEB is partnering with ASN to provide Nutrition 2018 Mentored Poster/Platform Presenter Awards.

- Consider applying for these awards if you are:
  - A full-time undergraduate/graduate/medical student or postdoctoral/dinical trainee fellow at an accredited educational institution in the U.S. ; AND a
  - U.S. citizens or permanent residents of the U.S.
- Preference for awards is given to members of FASEB societies, including ASN. While FASEB and NIH encourages students and postdocs from groups underrepresented in the biomedical, dinical and behavioral sciences to apply, preference is not given to these individuals.
- Awardees cannot accept funding from any other sponsoring organization. Therefore, while you may still apply for and compete in ASN student competitions, you may not receive additional ASN funding. Though, if you win an ASN competition, you can still honor to post on your CV.
- Award funds up to \$1,850 in related expenses including airfare, hotel, ground transportation and meeting registration.
- To be considered, you must [submit an abstract](#) by the January 18, 2018 deadline and complete the award application by May 8, 2018. For more details, [click here](#).

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## Call for Applications: 2018 Science Policy Fellowships



ASN is now accepting application packets for the [2018 ASN Science Policy Fellowship](#). ASN will offer two Science Policy Fellowships for advanced grad students, early professionals, postdoctoral trainees, or medical interns, residents or fellows. Science Policy Fellows will be based at their home institution during the one-year Fellowship.

The deadline to submit [application packets](#) is **Monday, December 11**. Send completed application packets to [sohlhorst@nutrition.org](mailto:sohlhorst@nutrition.org) by this date. Incomplete or late [application packets](#) will *not* be reviewed.

More Public Affairs  
News

Questions? Send all inquiries to Sarah Ohlhorst, ASN Senior Director of Advocacy and Science Policy: [sohlhorst@nutrition.org](mailto:sohlhorst@nutrition.org).

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## New ASN Journals Websites Coming Soon!

In 2018, ASN journals will migrate to new ASN journal websites, hosted on the Silverchair Information Systems platform used by Oxford University Press. In January 2018, journal content will be hosted both on the current HighWire platform and on the new OUP platform. Notices on the journal sites will direct you to newly published content on the OUP platform. After January 31, 2018, all content will be hosted solely on the OUP platform, and ASN Members will be able to access content via their:

- **Institutional Access:** If your institution subscribes to ASN journals, access will continue
- **Member Dashboard:** Your direct toll-free access will continue from the Member Dashboard
- **Member Login:** The new journal websites will have Universal Sign-On, meaning that ASN members will be able to access the complete website content using the same login username and password as their Member Dashboard. Contact [mem@nutrition.org](mailto:mem@nutrition.org) if you need to reset your ASN login credentials. Login credentials specific for HighWire sites will be discontinued.

The December issue of the Member Newsletter will include more information on the journal sites and on how to access content via the member page on the ASN website.

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## Oxford University Press' Editorial Empowerment Tools

Our new partners, Oxford University Press, are dedicated to working synergistically with our editorial teams to provide insight and tools that will empower them to make informed decisions about our journals' strategic development. Our editors will have a custom suite of bibliometric and market analytics tools – as well as OUP's vast publishing experience – at their disposal, giving them maximum visibility of the current research landscape and empowering them to better attract and select the most impactful papers for publication.

Our partnership with OUP will provide a number of services to empower ASN's editors, including:

- **Regular strategic communication** with OUP's publishing experts dedicated to working in collaboration with ASN society leadership and editorial staff to support them in evaluating the performance of the journals and clarifying future development goals.
- **Custom editorial analysis**, affording our editorial teams greater insight into the contributions of our published research. In-depth reporting on bibliometric data, usage, overall performance, and key competitors will allow our editors to identify current and emerging areas of impact in which to attract

new research.

- **Geographical analysis**, informing our editors of research groups publishing quality content in international and emerging markets that can be approached for future submissions.
- **Access to Altmetric Explorer**, a powerful tool for measuring conversations surrounding published research across dozens of platforms, including news media, social media, blogs, policy documents, and more, allowing greater insight into the global impact of our publications.
- **Direct author outreach** developed by OUP's dedicated marketing staff to expand the visibility of ASN research into new audiences and reinforce the journals' profile among existing author groups. Targeted campaigns to new and existing markets will support the growth of high-quality submissions.
- **Custom promotional materials** for our editors, equipping them with the tools they need to provide actionable information to potential authors at events and conferences.
- **Oxford Journals Day**, an annual journals publishing event hosted by OUP for society partners, and featuring sessions with thought leaders from OUP and the publishing industry. The event gives editors and society leaders the opportunity to come together with publishing experts to discuss emerging trends in the industry and collaborate on new strategies for growth.

This suite of tools, paired with OUP's vast experience in successfully supporting editorial teams, will allow ASN journals to attract and select the best papers, keeping us at the forefront of nutrition research publishing. Please refer to <https://nutrition.org/publications/oup-questions> for additional details. Kindly address any questions to Karen King at [kingk@nutrition.org](mailto:kingk@nutrition.org) or on [ASN NutriLink](#).

## Support the ASN Foundation #GivingTuesday



"I'm delighted to support the ASN Foundation's *Friends of ASN Fellows Fund* in memory of my former colleague and friend, George Blackburn. George was a true visionary in the nutrition community and an unparalleled mentor and trainer to countless researchers and clinicians. In George's honor, my funding will support the participation of local dietitians in ASN's new meeting, Nutrition 2018."

Join Johanna in supporting the new *Friends of ASN Fellows Fund* to help foster our future leaders in nutrition research and practice. You can learn more at [nutrition.org/contribute](https://nutrition.org/contribute) or by contacting [contribute@nutrition.org](mailto:contribute@nutrition.org). Your generous support of the ASN Foundation is tax deductible.

Mark your calendars - #GivingTuesday is November 28!

**Johanna Dwyer, DSc, RD**  
ASN Foundation Board of Trustees

SUPPORT THE ASN FOUNDATION THIS GIVING TUESDAY - NOVEMBER 28



Your tax-deductible donation supports  
the future of nutrition research

## Iron and Vitamin D – Impacts on the Microbiome Webinar

Tuesday, November 28, 2017, 1:00 pm – 2:00 pm (ET)

Click here to register: <https://register.gotowebinar.com/register/7173592478033075201>

The American Society for Nutrition's (ASN) Vitamins and Minerals Research Interest Section is organizing a webinar about the significant impacts of the intestinal microbiota on the nutritional health and metabolism of the host. Both iron and vitamin D are essential nutrients that dramatically alter the intestinal microbiome. This program will present current, mechanistic, information linking iron and vitamin D from dietary and supplementary sources to the microbiome and the potential beneficial or adverse effects on the health of humans and animals.

### Presentations:

- Moderators: Nana Gletsu Miller, PhD, Purdue University and Lisa Tussing-Humphreys, PhD, University of Illinois at Chicago
- Dietary Iron and the Microbiome: Prof. Michael B. Zimmermann, MD, Swiss Federal Institute of Technology, Zurich, Switzerland
- Dietary Vitamin D, Vitamin D Receptor, and Microbiome: Jun Sun, PhD, Associate Professor, University of Illinois at Chicago

### Interactive Q&A

### Continuing Professional Education

ASN designates this education activity for a maximum of 1.0 CPEUs. Dietitians / dietetic technicians, registered should only claim credit commensurate with the extent of their participation in the activity. ASN (Provider #NS010) is accredited and approved by the Commission on Dietetic Registration (CDR) as a provider of Continuing Professional Education (CPE) programs for Registered Dietitians.

Learning Level 2

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## Drink Equivalents and Counseling Patients on Alcohol Consumption

Thursday, November 30, 2017, 3:30 pm – 4:30 pm (ET)

Supported by an educational grant from The Beer Institute

Click here to register: <https://register.gotowebinar.com/register/942580918282287362>

The 2015-2020 Dietary Guidelines for Americans (DGA) indicate that moderate alcohol consumption can be incorporated into the calorie limits of most healthy eating patterns. Over the course of a week, low-risk drinking is defined as no more than 7 drinks for women (1 drink/d) and no more than 14-drinks for men (2 drinks/d), according to the National Institute on Alcohol Abuse and Alcoholism (NIAAA). The updated DGA have changed the conversation on alcoholic drink serving sizes to drink equivalents.

The first presentation in this webinar will inform clinicians, nutrition scientists and policy makers on the changing policy on alcohol consumption. A second presentation will discuss how to approach sensitive topics, such as alcohol consumption, with patients and how to accurately assess alcohol consumption for counseling on potential harm or benefit.

### Moderator

- Roger Clemens, DrPH, FIFT, CFS, FASN, FACN, CNS, FIAFST, University of Southern California, USC School of Pharmacy, International Center for Regulatory Science

### Speakers

- Drink-Equivalents and Health Policy: Kellie O. Casavale, PhD, RD, Nutrition Advisor, Division of Prevention Science, HHS, Office of Disease Prevention and Health Promotion, [www.DietaryGuidelines.gov](http://www.DietaryGuidelines.gov)
- Aaron White, PhD, Senior Scientific Advisor to the Director, National Institute on Alcohol Abuse and Alcoholism, National Institutes of Health, [www.niaaa.nih.gov](http://www.niaaa.nih.gov)
- Counseling Patients About Alcohol Consumption, Paul Nagy, LPC, LCAS, CCS, Assistant Professor, Duke University School of Medicine, Department of Psychiatry and Behavioral Sciences, Division of Social and Community Psychiatry

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## ASN Predoctoral Fellowships for Students in Nutrition Research

Deadline for Applications: January 2, 2018

Applications for the 2018 ASN Predoctoral Fellowships are currently being accepted. To apply, please complete and submit all application materials by January 2, 2018. All application materials must be submitted electronically by e-mail to [awards@nutrition.org](mailto:awards@nutrition.org).

- Eligibility is based upon ASN membership and enrollment in a U.S. graduate nutrition program
- Grants range from \$2,000 to \$5,000
- Awards will be presented at Nutrition 2018 in Boston, MA
- Details & Application: <https://nutrition.org/contribute/asn-foundation/predoctoral-fellowships/>
- Questions? Contact Michelle Crispino by e-mail at [awards@nutrition.org](mailto:awards@nutrition.org).

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## Catch Up on the Latest Science From Meetings You Missed!



ASN on Demand

Visit On Demand

If you missed the 2017 ASN Scientific Sessions, or saw something you'd like to see again, you're in luck! EB17 session content and other ASN meetings is available on [ASN on Demand](#). Select presentations from each meeting are available at no charge. Additional content is available for [purchase](#).

If you signed up for ASN on Demand at registration at an ASN conference, your access instructions were sent to you via e-mail. To view the presentations, you may need to add access to your account on [ondemand.nutrition.org](http://ondemand.nutrition.org) using the access code sent to you. For assistance email [asnondemand@nutrition.org](mailto:asnondemand@nutrition.org).

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**Start using ASN NutriLink today**  
*Adjust your email frequency; suggest discussion topics*

ASN NutriLink is an online community forum for members. Post discussions, browse resource files, and search for a mentor or mentee - all in one place! It is also **home to over a dozen RIS and Council communities**. ASN NutriLink is the new way for RIS leaders to communicate deadlines, plan events and share other information specific to the group. Use [this guide](#) to adjust your email frequency. Contact the [ASN NutriLink Community Administrator](#) for any questions.

Visit ASN NutriLink

## ASN Journal Highlights



Current issue

### **The American Journal of Clinical Nutrition (AJCN)**

November 2017, 106(5)

#### **Editor's Pick**

- [Investigating predictors of eating: is resting metabolic rate really the strongest proxy of energy intake?](#). [McNeil et al.]
- [Editorial: Variations in energy intake: it is more complicated than we think.](#) [Lam and Ravussin]

**What drives how much we eat? Research points to resting metabolism.** Analysis of previously published studies confirms that a person's resting metabolic rate is a strong predictor of a person's calorie consumption. Understanding the physiological and psychological determinants of how much we eat has been a priority for nutrition researchers for decades. Nonetheless, there is still much that we do not know about why some people maintain a healthy body weight whereas others seem to find themselves gaining weight at a constant pace.



Current issue

### **The Journal of Nutrition (JN)**

November 2017, 147(11)

#### **Editor's Picks**

- [Oral Supplementation of Glutamine Attenuates the Progression of Nonalcoholic Steatohepatitis in C57BL/6J Mice](#) [Sellman et al.] - This paper demonstrated that liver changes induced in mice consuming a western-style diet were partially mitigated by glutamine supplementation. The authors concluded that pharmacological oral doses of glutamine would contribute to suppression of NASH progression, even when the condition was pre-existing.
- [Consumption of Iron-Biofortified Beans Positively Affects Cognitive Performance in 18- to 27-Year-Old Rwandan Female College Students in an 18-Week Randomized Controlled Efficacy Trial](#) [Murray-Kolb et al.] - This paper describes changes in iron status and cognitive abilities among low iron status women in Rwanda when they consumed iron-biofortified beans daily for 18 weeks. Their study demonstrated an improvement in both iron status and the ability of these women to perform memory-intensive tasks as well as the speed at which the tasks were performed. The authors suggest these data indicate that iron deficiency can have detrimental consequences on cognitive performance in adults. They concluded that consumption of an iron-biofortified staple food could improve the ability of young adult women to be successful in challenging academic programs, such as science, technology, engineering and mathematics.

### **Advances in Nutrition (AN)**

November/December 2017, 8(6)

#### **Issue Preview**

The just published November 2017 issue of *Advances in Nutrition*, ASN's international review journal, explores a broad range of pressing issues across the nutrition sciences, presenting and analyzing the current body of evidence. Log on to discover what we currently know as science and how we need to focus future research efforts in order to learn more and improve



Current Issue

human health and nutrition.

- [Qing Jiang](#) reviewed the cancer-preventive effects and mechanisms of lesser known forms of vitamin E in cells and preclinical models, examining progress in clinical trials. The results indicate that these vitamin E forms are effective agents for cancer prevention or as adjuvants for improving prevention, therapy, and control of cancer.
- Noting gaps in the literature, [Melissa Anne Fernandez et al.](#) find little concrete evidence that the mechanisms proposed in observational studies to explain the positive results of yogurt on cardiometabolic diseases or parameters are valid. The authors propose a multi-step research strategy to reveal the direct role of yogurt on cardiometabolic health.



Current Issue

### **Current Developments in Nutrition (CDN)**

November 2017, 1(11)

#### **Issue Preview**

- **The effects of meal-specific protein quantity and protein distribution throughout the day on daily food intake are relatively unknown.** [Jess A. Gwin et al.](#) set out to test whether the consumption of higher-protein vs. normal-protein meals consumed at each eating occasion reduce free-living, daily carbohydrate, and fat intakes in overweight women during energy balance conditions. Moreover, they sought to test whether the distribution of protein consumed throughout the day affects food intake outcomes. The authors found that providing 30 grams of protein per meal at each eating occasion throughout the day did not influence free-living, daily intake of highly palatable, carbohydrate, and fat-rich foods in overweight women. Access [journal full text here](#).

## Highlights from Other Journals

- [The Misuse of Meta-analysis in Nutrition Research](#) [Barnard, Willett & Ding] *JAMA*.
- [A Fully Automated Conversational Artificial Intelligence for Weight Loss: Longitudinal Observational Study Among Overweight and Obese Adults](#) [Stein & Brooks] *JMIR Diabetes*.
- [Nutritional Management of Chronic Kidney Disease](#) [Kalantar-Zadeh & Fouque] *NEJM*.
- [The Microbiome in Posttraumatic Stress Disorder and Trauma-Exposed Controls: An Exploratory Study](#) [Hemmings et al.] *Psychosom Med*.
- [Poor Health and Experiences of Being Bullied in Adolescents: Self-Perceived Overweight and Frustration with Appearance Matter](#) [Lin et al.] *Obesity*.
- [FDA Statement from Susan Mayne, PhD, on proposal to revoke health claim that soy protein reduces risk of heart disease](#)

## Important Dates

Jan 13, 2018

[CNS Advances in Nutrition: from daily living to high performance Sport](#). (Virtual / Live Conference, Toronto, Canada)

May 3-5, 2018

[Canadian Nutrition Society 2018 Annual Conference](#) (Halifax, NS, Canada)

Jun 9-12, 2018

[Nutrition 2018 - Hynes Convention Center \(Boston, MA\)](#)

Join ASN for its flagship nutrition-focused annual meeting!

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### Give Today. Support Tomorrow.

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