



NUTRITION notes

YOUR MONTHLY MEMBER NEWSLETTER

ASN Nutrition Notes
Member e-Newsletter

August 2017
Edition

In This Issue: *(scroll below for details)*

- Nutrition 2018: Career Center
- NIH Grant Reviewer Opportunities
- ASN NutriLink: Dietary Guidelines Discussion
- Journal News: New Partnership with OUP
- Mid-Career Research Funding Opportunities
- Submit Your Research to Nutrition 2018

Take Advantage of the Career Center at Nutrition 2018!

We are pleased to announce that all of your favorite career and professional development activities - e.g., resume critiques, presentation skills training, career workshops and more! - will be coordinated by FASEB at Nutrition 2018! Click [here](#) to submit your workshop ideas.

FASEB also has funding for **Diversity Research Enrichment Access and Mentoring**

(formerly called MARC) Travel Awards. These awards provide funding to students, postdocs, medical students, and early career (non-tenured) faculty who: are an under-represented minority, have a first-generation college degree, and/or are disabled. More details and an application will be posted this fall.



Join the ASN Member Database of Potential Grant Reviewers



More Public Affairs
News

The National Institutes of Health (NIH) needs nutrition-related grant reviewers and has asked for the American Society for Nutrition's assistance to identify potential reviewers. This is a great opportunity for interested ASN members to be involved in panel reviews and advance nutrition research! NIH is looking for individuals who understand concepts in nutritional science to serve as grant reviewers. Please only complete [this Google form](#) if you have some certainty that you will be able to serve in this capacity once contacted. All ASN members are welcome to complete the form, but **only individuals with federal grant support in the last two years will be considered to serve as grant reviewers**. Your data will be kept confidential and only shared with the NIH to direct their selection of grant reviewers. Please contact [Sarah Ohlhorst](#) with any questions/concerns.

Call for Letters of Intent

The National Pork Board is requesting initial Letters of Intent (LOI) to conduct research for 2018 funding in specified areas of interest regarding fresh, lean pork and human nutrition. The specified research and format will be available August 9th, 2017. The initial, 2-page, LOI will be **due to the National Pork Board on September 12th, 2017 by 5:00 PM CST**.

For more information please visit www.pork.org/research.

Advertisement

New Discussion Series on ASN NutriLink: join the conversation!

We hope you have had time to explore [ASN NutriLink](#), our online community forum that was launched in March 2017. More than 1,200 members have logged on the site, and we thank all of you for keeping the conversation active.

We are excited to announce a new discussion series for ASN NutriLink that will continue the high level of engagement we have noticed. We polled a select group of active members asking what type of content they would like to see, and their responses will be the basis for the upcoming series. Our goal is to promote critical thought around topical nutrition issues, and our expectation is that members will be able to share their expertise and learn something new. Our continuing goal will be to get more questions from the membership for further discussions. We encourage you to participate in the nutrition conversation.

The first question, which can be found in the community right now, addresses the **Dietary Guidelines for Americans (DGA)** and what changes we might see in the 2020 edition. Many of our members contributed to the DGA report, thus we expect to see a [vibrant discussion here](#). To propose a topic, please **contact the ASN NutriLink Community Administrator** at asnnutrilink@nutrition.org.



ASN NutriLink
JOIN THE NUTRITION CONVERSATION

ASN Journals Announcement

ASN Selects Oxford University Press as Publishing Partner

ASN is pleased to announce its new partnership with Oxford University Press (OUP) to provide production, distribution and marketing services for the prestigious scientific journals in ASN's Nutrition Science Collection. This agreement, which takes effect on January 1, 2018, begins a new era in ASN's 90-year editorial tradition with its first external publishing partnership.

Starting in January 2018 the OUP platform will host all of the ASN journals in the Nutrition Science Collection including: *The Journal of Nutrition*, first published in 1928; *The American Journal of Clinical Nutrition*, with the highest impact factor among publications in the ISI nutrition and dietetics category; *Advances in Nutrition*, covering recent findings across a spectrum of nutritional research; and *Current Developments in Nutrition*, ASN's newest and first fully open-access journal, launched this year. OUP will lead sales and marketing efforts for the Nutrition Science Collection, including institutional programs, digital promotion, and brand development for the journals.

For more information about how ASN's publishing relationship with OUP will benefit readers, authors, and libraries, please look for articles here and visit: <http://nutrition.org/publications/oup-questions>. We will also be a new discussion thread added on [ASN NutriLink](#) for members to ask any questions they might have about ASN's publishing relationship with OUP.

Research Funding Opportunities

Call for Applications: Danone Int'l Prize for Alimentation (DIPA)

Danone Institut International is giving a new focus to its long-standing Danone International Prize for Nutrition (DIPN). Called the **Danone International Prize for Alimentation (DIPA)**, it will be awarded every two years by the Danone Institut International (DII) and the French research organisation Fondation pour la Recherche Médicale (FRM). DIPA is open to applications until **September 15, 2017**.

The purpose of the DIPA is to encourage and support cutting edge, innovative and multidisciplinary scientific research in Alimentation, the umbrella term for all practices relating to food, including food choice, purchase, preparation, cooking and meal organisation, and their determinants. The award is intended to raise the profile of a mid-career researcher and accelerate his/her career, as well as help develop knowledge on the topic and inspire junior researchers. [Apply here](#).



Education News

Top Reasons to Submit Your Research to Nutrition 2018

Make plans to **submit your research abstracts to Nutrition 2018**. By doing so, you will:

- *Share your research with the greatest minds in nutrition science;*
- *Be eligible for travel awards and scholarships;*
- *Boost your career by networking with others in academia, industry and government;*
- *Publish your work in an ASN journal; and*
- *Be part of history!*

The Nutrition 2018 abstract site will open in October. Stay tuned for details!

Association for Nutrition Departments & Programs (ANDP) Fall Meeting

Mark your calendar for the ANDP Fall Meeting, October 25-27 at the University of Missouri, Columbia, MO. Registration will open soon. Check www.ANDPonline.org for meeting updates and other information. The new website was developed and hosted by ASN as part of our partnership with ANDP within our shared goal to provide the best resources and information to nutrition departments.



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 using the access code sent to you. For assistance email asnondemand@nutrition.org.

Join ASN at the IUNS 21st International Congress of Nutrition

ASN is heading to Buenos Aires, October 15-20, 2017 for the 21st [IUNS-ICN](#). ASN members will present symposia and workshops and discuss research and collaboration with colleagues from around the world. Something historic is taking place as well: IUNS selected ASN as a finalist in the competitive bidding process to host the prestigious IUNS 23rd International Congress of Nutrition in the US in 2025. ASN's bid will be presented at the opening General Assembly. If you will be in Buenos Aires, let us know at meetings@nutrition.org so we can stay in touch!



RIS Election Results

Congratulations to all of the members elected to openpositions on the RIS Steering Committees this year! The complete list of current RIS Chairs who will serve through July 2018, and the newly elected Chair-Elects, can be [found here](#) or at <http://nutrilink.nutrition.org>. Through active member involvement, ASN's RIS continue to directly impact activities of interest to the nutrition science community.

Recent Topics from the ASN Blog

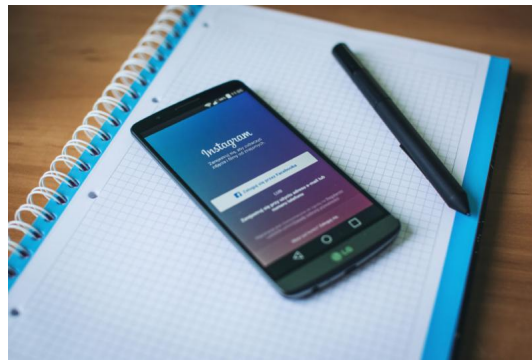
[Fishoil and resistance training – effective for older adults?](#)

by Sarah Purcell



[Instagram: The New Frontier for weight loss?](#)

by Debbie Fetter



Visit nutrition.org/asn-blog to read the latest posts.



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Start using ASN NutriLink today

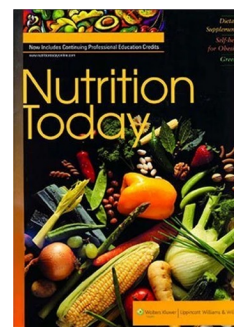
Adjust your email frequency; suggest discussion topics

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.

Subscribe to *Nutrition Today*

Nutrition Today is an ASN official partner publication, helping professionals clear a pathway through today's maze of fad diets and cure-all claims by easy to read, authoritative reviews. Members can subscribe at exclusive rates for full access at nutritiontodayonline.com including archive and mobile.

For Print & Online orders for ASN members, [visit here](#) using promo code **WGK152AA** (USA price: \$66 / 46% discount). For Online Only, [visit here](#) using promo code **WGK152BB** (worldwide: \$39 / 62% discount).



ASN Journal Highlights

The American Journal of Clinical Nutrition (AJCN)

August 2017, 106(2)

Editor's Picks

- [Higher densities of fast-food and full-service restaurants are not associated with obesity prevalence.](#) [Mazidi & Speakman].
- [Enduring challenges in estimating the effect of the food environment on obesity.](#) [Cummins et al.]

The search for why Americans are getting fatter is keeping researchers and



Current issue

policy makers busy. One hypothesis is that people (especially those with low incomes) are eating out more (at fast-food restaurants), and the result is unhealthy weight gain. Researchers combined obesity prevalence data collected by the US CDC and restaurant density data collected by the USDA's Economic Research Service to find out if risk of obesity in US counties is related to how many restaurants are located in them and what the typical income in that area is. They found that people in counties with the most restaurants had higher incomes and were less likely to be overweight or obese than those living in areas with fewer restaurants. These findings do not support the idea that obesity is being directly caused by poverty and fast food.



Current issue

The Journal of Nutrition (JN)

August 2017, 147(8)

Editor's Picks

- [Fish Oil Contaminated with Persistent Organic Pollutants Induces Colonic Aberrant Crypt Foci Formation and Reduces Antioxidant Enzyme Gene Expression in Rats \[Hong et al.\]](#) - Persistent organic pollutants reduce the protection against colon cancer derived from consuming n-3 polyunsaturated fatty acids from fish
- [An Empirical Dietary Inflammatory Pattern Score Enhances Prediction of Circulating Inflammatory Biomarkers in Adults \[Tabung et al.\]](#) - Prediction of circulating inflammatory markers can best be performed using an empirical dietary inflammatory pattern score



Current Issue

Advances in Nutrition (AN)

July/August 2017, 8(4)

Issue Preview

- **David G. Loughrey et al.** believe the weight of the evidence suggests that the Mediterranean diet can ward off or slow the progression of cognitive decline as we age. They recommend that future observational studies and clinical trials examine the influence of individual components of the Mediterranean diet on cognitive outcomes. [See full text](#)
- By examining the last 15 years of clinical studies, **Ana Teresa Limon-Miro et al.** have concluded that "adequate dietary intakes of food-based macro- and micronutrients rich in beta-carotene and vitamins A, E, and C can both prevent deterioration in breast cancer patients' nutritional status and improve their overall health and prognosis." [See full text](#)



Current Issue

Current Developments in Nutrition (CDN)

July 2017, 1(7)

Issue Preview

- The chemopreventive properties of cruciferous vegetables were recognized in the early 1990s, supported by a growth of evidence in various cancer models, including breast cancer. No studies, however, have examined whether consumption of cruciferous vegetables has changed, and what impact, if any, these changes have had on breast cancer risk. **Tengda Lin et al.** therefore investigated changes in cruciferous vegetable intake between 1982 and 1998 and its associations with breast cancer risk. The results of their study "suggest that cruciferous vegetable intake is associated with reduced breast cancer risk, in particular with broccoli and cauliflower intake." [See full text](#)

Highlights from Other Journals

- [Healthful and Unhealthy Plant-Based Diets and the Risk of Coronary Heart Disease in U.S. Adults \[Satija et al.\] J Am Coll Cardiol.](#)
- [Dietary Protein Intake above the Current RDA and Bone Health: A Systematic Review and Meta-](#)

[Analysis](#) [Wallace & Frankenfeld] *J Am Coll Nutr.*

- [Student Acceptance of Plain Milk Increases Significantly 2 Years after Flavored Milk Is Removed from School Cafeterias: An Observational Study](#) [Schwartz et al.] *J Acad Nutr Diet.*
- [Association between maternal vitamin D status in pregnancy and neurodevelopmental outcomes in childhood: results from the Avon Longitudinal Study of Parents and Children \(ALSPAC\)](#) [Darling et al.] *Br J Nutr.*
- [Longitudinal child-oriented dietary intervention: Association with parental diet and cardio-metabolic risk factors. The Special Turku Coronary Risk Factor Intervention Project](#) [Jaakkola et al.] *Eur J Prev Cardiol.*

Member Spotlight [\(see full interview here\)](#)

Interview with Elizabeth J. Parks, Professor at the University of Missouri and Past Chair of the ASN Publications Committee

Since 2013, Dr. Parks has been a Professor in the Department of Nutrition & Exercise Physiology and Associate Director of the Clinical Research Center in the Institute for Clinical Translational Science at the University of Missouri (fondly known as Mizzou). Previously, she was Associate Professor in Clinical Nutrition at the University of Texas Southwestern Medical Center. Recently, she received the University of Missouri School of Medicine's 2015 Award for Excellence in Junior Faculty Research Mentoring and the 2016 Robert I. Levy Award from the Kinetics and Metabolism Society.



Q: How did you first get involved in nutrition epidemiology and research? What made you interested in the field of nutrition science?

A: The genetics of heart disease strongly affects the health of my family, and influenced my academic path. Early in my career, I worked as a technician in a lab with cardiovascular researchers who stressed the importance of nutritional strategies in treating chronic diseases. I was impressed with how a prudent diet could improve health.

Q: What do you feel are the biggest challenges facing nutrition researchers today? Are there any areas where you would like to see more research?

A: One of the biggest challenges facing us is that the power of the scientific approach is currently underappreciated in our culture. Some people want to believe that a particular nutritional strategy will solve all ills. Since nutrition messages in the press have appeared to be contradictory (this week, "Coffee is good for you," next week, "coffee is bad for you."), this has led many in the public to just tune us out. Our discipline has the same attributes of other sciences - information is ever evolving. Thus, dietary advice may also change over the years. We need to do a better job of communicating how nutrition science leads to discoveries that can benefit individuals and improve the health of citizens. Nutrition science is also by nature interdisciplinary, and we must cross disciplines in order to be effective. We must work in teams: animal researchers can collaborate with human researchers to make sure their results will apply to the human condition, and epidemiologists can get more mechanistic with data collection. It doesn't make sense these days for any one person to attempt a novel discovery, and we will be more effective once communication across disciplines improves.

Q: Is there anything else you'd like to tell ASN members, especially students and postdocs?

A: I have four concepts for mentees to mull over. First, bring energy to your training environment. You need energy, self-motivation and organization to flourish in an academic setting. Trainees must reach out and grab ahold of the experiences that are presented to them. If a mentor is writing a grant or review paper, ask to participate in the process. If another trainee needs assistance in acquiring data, volunteer to help them. Keep your eyes open for opportunities to assist others. Give your time to a professional organization and mentor those around you. The time spent in a doctoral program or postdoctoral fellowship will go by quickly and these environments provide once-in-a-lifetime opportunities to learn. Second, give your mentors a break. Mentees frequently do not know all the pressures and responsibilities their mentors are up against. In a research lab setting, because your mentor has built that environment, you get to learn in it. Spend some time to learn what your mentor has gone through to get where they are. The worst situation to be in is when we don't know what we don't know - it is much better to be wrong and know why. So find out what your mentor's job is really like: what are their current challenges, and how can you help them be successful? [...]

[Read on for the full interview](#)

Important Dates

Sept. 18-20

[2nd Annual Conference on Native American Nutrition](#)

Mystic Lake Casino Hotel, Prior Lake, MN) View the [meeting program](#).

Oct 2-4

[Ingestive Behavior Research Center Int'l Conference](#)

(West Lafayette, IN) - *The Pace of Life and Feeding: Health Implications*

Oct 15-20

[IUNS 21st International Congress of Nutrition](#)

(Buenos Aires, Argentina) - Visit the [ICN website](#) for more details.

Oct 29-Nov 2

[Obesity Week 2017](#)

(Gaylord Nat'l Resort & Conv., Nat'l Harbor, MD) - View [schedule](#) here

Nov 6-8

[International Conference on Obesity and Weight Loss](#)

(Barcelona, Spain)

Nov 28-Dec 1

[10th International Symposium on Nutritional Aspects of Osteoporosis](#) (Hong Kong, China)

Jun 9-12, 2018

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

Join ASN for its flagship nutrition-focused annual meeting!



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