

# NUTRITION

.....notes

YOUR MONTHLY MEMBER NEWSLETTER

ASN Nutrition Notes  
Monthly Member  
e-Newsletter

February 2018  
Edition

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

- Register for Nutrition 2018 by March 9 and Save!
- Expanded Maternal and Pediatric Nutrition Content
- Nutrition 2018 Family Support Grants
- See You at the Hub at Nutrition 2018
- Member Access to ASN Journals on OUP Platform
- Update on ASN Journals Publication Schedule
- Member Spotlight Interview with Dr. Richard Mattes

## Sign Up for Nutrition 2018 by March 9!!!

**Now** is the ideal time to [register and reserve your hotel](#) for **Nutrition 2018**, ASN's new flagship nutrition-focused meeting, June 9-12 at the Hynes Convention Center, in the heart of Boston.



The official hotels are within walking distance and offer a variety of amenities and range in rate from \$199 to \$289. Did you know that [Boston](#) was selected as the inaugural site due to the proximity to ASN's membership base, access to nutrition programs and medical schools, and its reputation as an unparalleled convention destination?

Take advantage of the deep discount available through March 9 – and take your pick from the widest variety of hotels and ticketed events. Nutrition 2018 is even more affordable than past ASN meetings. You'll save even more when you [register](#) by March 9.

We can't wait to make history with you at [Nutrition 2018](#)!

# NUTRITION 2018

	<u>EARLY</u> On or before March 9	<u>ADVANCE</u> March 10 thru April 27	<u>FULL</u> After April 27
<b>MEMBER</b>			
Member	\$400	\$500	\$575
Early Career	\$275	\$330	\$380
Emeritus	\$125	\$150	\$175
Student	\$70	\$85	\$100
1-Day Member	\$250	\$275	\$300
<b>NON-MEMBER</b>			
Non-Member	\$600	\$700	\$775
Non-Member PLUS Membership	\$625	\$725	\$800
Early Career*	\$375	\$430	\$480
Student*	\$120	\$130	\$150
1-Day Non-Member	\$350	\$375	\$400
<b>EXHIBIT HALL</b>			
Exhibit Pass	\$250	\$300	\$400
*Verification Required			

## Interested in Maternal and Pediatric Nutrition? There's Lots in Store at Nutrition 2018

With four major symposia, more than 190 original abstracts, and at least one satellite program, research related to maternal and pediatric nutrition is taking center stage at Nutrition 2018. Symposia include:

- Prevention of Food Allergies & Atopic Disease: The Atopic March – Can it Be Halted?
- The First 1000 Days: The Impact of Nutrition on Brain Development and Function
- Pathways to Child Growth and Development: Is Linear Growth Retardation a Valid Indicator of Delayed Neurodevelopment?
- The Science of Breastfeeding

Watch for our online itinerary builder launching this month on [nutrition.org/N18](http://nutrition.org/N18).

## Nutrition 2018 Family Support Grants

Nutrition 2018 aims to be a family friendly environment and ASN is offering small grants to help off-set caregiving expenses to enable scientists with dependent children or family members to present their research in Boston. The Nutrition 2018 Family Support Grant is a reimbursable allowance up to a maximum of \$750 towards eligible funding scenarios. Provision of these grants is part of a study to assess and evaluate conference attendance feasibility; through this effort we will gather feedback about preferences and barriers to conference attendance.

For more information and to apply, [click here](#). The deadline for applications is April 2, 2018.

Special thanks to the **National Dairy Council** and **The Sugar Association**, our supporters of the inaugural Family Support Grants.

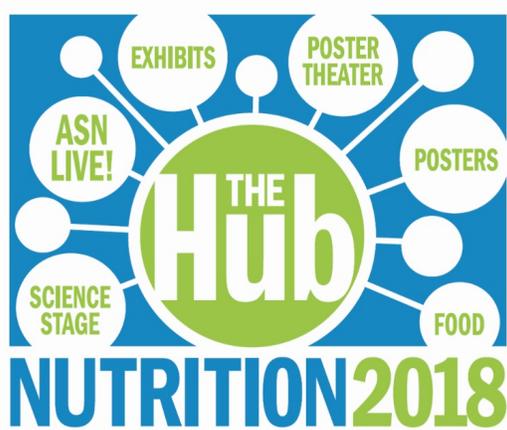


**FAMILY  
SUPPORT**

## See You at The Hub!

We welcome the following partners to The Hub!:

**Abbott Nutrition**  
**GMA Answers**  
**InBody**  
**The Nutrition Society**  
**PMI LabDiet**



The Hub is Nutrition 2018's interactive hall featuring exhibits, posters, Science Stage, a poster theatre, places to meet up, [ASN Live!](#) and more. [Get in on The Hub.](#)

## Record-Breaking Abstracts for Nutrition 2018

Nutrition 2018 received a record-breaking 2,056 abstracts. A big shout out to all who took the time to prepare and submit an abstract. We can't wait to learn more about your research in June!

We also have a remarkable 695 ASN members serving as abstract reviewers. Thank you for lending your time to this effort. Thanks to your hard work, 10,000 reviews were conducted for Nutrition 2018!

## Understanding Nutritional Science Competition / All of Us Ideas



More Public Affairs  
News

The [Understanding Nutritional Science competition](#) promotes the creation of short videos that will ultimately help the lay public to better understand and evaluate hot topics in nutrition science. Open to ASN members only: undergrad and graduate students, postdoc trainees, medical interns, residents, fellows, and early career professionals. The deadline is **February 28**. Learn more, including rules and guidelines at: [nutrition.org/contest](http://nutrition.org/contest). **First place: Free Nutrition 2018 registration!**

**All of Us Wants Your Nutrition Ideas!** Are you interested in helping researchers understand more about why people get sick or stay healthy? If so, the NIH [needs your nutrition research ideas](#) to help make the [All of Us Research Program the best resource it can be to support future research](#). This program aims to build one of the largest, most diverse datasets to help speed up research on many different health conditions. See the current [research protocol](#) for details. Submit entry by **February 23!** Visit "More Public Affairs News" link for more details.

## Examining Special Nutritional Requirements in Disease States

The American Society for Nutrition is pleased to sponsor an upcoming workshop being conducted by the National Academies of Sciences, Engineering and Medicine:

### Examining Special Nutritional Requirements in Disease States: A Workshop April 2-3, 2018 - Washington, DC

The workshop aims to examine pathophysiological mechanisms by which specific diseases impact nutrient metabolism and nutrition status and whether this impact would result in nutrient requirements that differ from the DRIs; and identify promising approaches and challenges to establishing a framework for determining special nutrient requirements related to managing disease states.

For details and to register to attend the meeting or view the webcast, [click here](#).

Show your Support:  
Give to the ASN  
Foundation!



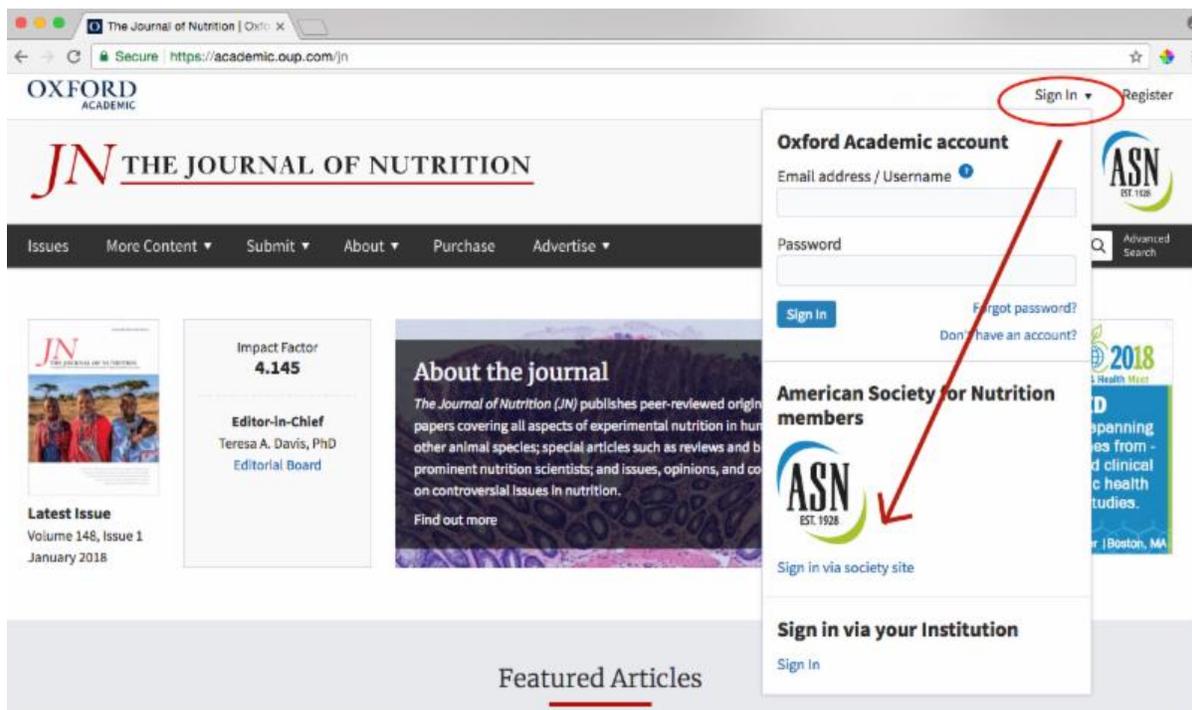
Support from ASN's members makes the efforts of the [ASN Foundation](#) possible, and there is no better time to express our warmest thanks for your continued involvement and support than the present. Please join the other ASN members who are generously providing funding needed to keep our momentum going strong in 2018. **Can we count on your support of the ASN Foundation?**

## Update: Member Access to ASN Journals on OUP Platform

Below is information for accessing ASN journal content beginning March 1. While we complete the migration of ASN journals to the OUP platform, everyone has free (unrestricted) access to all content. This free access will continue through February 28. After that time, if your institution has a subscription, you will be able to access content through your institutional subscription, via automatic IP address authentication. Otherwise, you will be able to access ASN journals with your member login account.

To access ASN Journals using your ASN Member account:

1. Select "Sign In" on the menu in the upper right of the journal webpage, then select "Sign in via society site" on the pop up window that appears (see screen shot below).
2. Enter your ASN member username and password - this is the same login you use to access the member page to pay your dues (i.e. the same login as for <http://members.nutrition.org>).
3. If you do not remember your username and/or password, please contact [mem@nutrition.org](mailto:mem@nutrition.org).



The screenshot shows the Oxford Academic website for The Journal of Nutrition (JN). The page features the journal's logo, navigation menu, and a sign-in dropdown menu. A red circle highlights the "Sign In" button in the top right corner. A red arrow points from this button to the "Sign in via society site" option in the dropdown menu. The page also displays the journal's logo, impact factor (4.145), editor-in-chief (Teresa A. Davis, PhD), and a featured article section.

## Update on ASN Journals Publication Schedule

As you know, beginning January 1, 2018 the ASN journals are now being published by Oxford University Press on behalf of the ASN. This has been a highly complex transition, with over 150,000 pages of content moved between platforms.

As a result of the complexity of the transition, the January issues of the ASN journals were published a bit later than planned. The February issues will be published online February 26<sup>th</sup> and will be mailed on March 2<sup>nd</sup>. We are expecting the March issues to be published online and mailed on schedule.

We apologize for the inconvenience and appreciate your patience and your continued commitment to the journals of the American Society for Nutrition.

If you have any questions about issue publication dates or access to journal content, please do not hesitate to contact ASN (Dante Preciado, [dpreciado@nutrition.org](mailto:dpreciado@nutrition.org) or Karen King, [kingk@nutrition.org](mailto:kingk@nutrition.org)).

***Interview with Richard Mattes, Ph.D., Distinguished Professor of Nutrition Science at Purdue University, Adjunct Associate Professor of Medicine at the Indiana University School of Medicine, Affiliated Scientist at the Monell Chemical Senses Center, and Vice-President Elect for the American Society for Nutrition.***

Dr. Mattes received his Ph.D. in Human Nutrition from Cornell University and conducted post-doctoral studies at the Memorial Sloan-Kettering Cancer Center and the Monell Chemical Senses Center. He remained at Monell for 13 years progressing to full member. At Purdue University, Dr. Mattes is the Director of the Ingestive Behavior Research Center, and the Director of Purdue's Public Health Graduate Program. He also holds numerous external responsibilities including Associate Editor for *The American Journal of Clinical Nutrition*. He is also secretary of the Rose Marie Pangborn Sensory Science Scholarship Fund. Richard Mattes has been the principal investigator on National Institutes of Health grants continuously since 1984, and has authored over 265 publications.



**1. How did you first get involved in nutritional biochemistry and research? What made you interested in the field of nutrition science?**

My original plan was to pursue a career in public health. I selected nutrition as a focus because while diet-related disorders were widespread, a large proportion appeared solvable. It was a field where one could make a difference. Following completion of my public health training, I realized I needed a deeper understanding of nutrition science to be in a position to address the issues that now seemed much more complicated. My pivot to nutrition and sensory science stemmed from my work under Shiriki Kumanyika who was interested in sodium intake and hypertension at the time as well as a recommendation by a friend to attend an illuminating course taught by Bruce Halpern, a sensory scientist in the Psychology Department at Cornell. Understanding the drivers of food choice, such as sensory function, seemed to be a critical control point for moderating diet-related chronic diseases.

**2. When and why did you first join ASN? What convinced you to join the organization?**

I joined the American Institute of Nutrition (AIN) in 1986, immediately following completion of my post-doctoral training, when I thought I had completed a sufficient body of work to be eligible for membership. I considered it an honor to be a member of a professional association that included many of the scientists publishing work that guided my thinking. It was also an important resource for me since I was at an institution with a mission to understand the mechanisms and functions of the chemical senses, not address nutrition problems. So, while I had wonderful colleagues, few had similar training to me or similar interests and as a young scientist, I needed more feedback from people knowledgeable in nutrition. The AIN was an invaluable resource.

**3. What aspects of ASN membership have you found most useful, professionally? What other aspects of your membership do you find useful as your career has progressed?**

Membership benefits like access to all four ASN Journals have been, and continue to be the primary means for my keeping current with the advancing science.

**4. What aspects of your research do you foresee being most important for ASN members?**

My research has always been at the interface between nutrition, sensory, food and psychological sciences. I hope that it serves as a bridge to these other areas as they are integral to understanding food choice and how behavior influences physiology.

[Read the full interview with Dr. Richard Mattes here](#)

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



*ASN on Demand*

Visit On Demand

Did you miss the ASN Scientific Sessions, or saw something you'd like to see again? You're in luck! - ASN meeting content is available on [ASN on Demand](#). Some presentations are available at no charge. Additional content can be [purchased](#) on demand. If you purchased ASN on Demand, access instructions were sent via e-mail. To view the presentations, 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).



**ASN NutriLink**  
JOIN THE NUTRITION CONVERSATION

## Visit ASN NutriLink today

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

# ASN Journal Highlights



Current issue

## *The Journal of Nutrition (JN)*

February 2018, 148(2)

### Featured Articles:

- Study: eating eggs for breakfast may help stimulate fat breakdown. Bush NC, Resuehr HES, Goree LL, Locher JL, Bray MS, Soleymani T, Gower BA. **A high-fat compared with a high-carbohydrate breakfast enhances 24-hour fat oxidation in older adults.** *J Nutr* Feb 2018.
  - Fernandez ML. **Commentary: a high-fat breakfast enhances 24-hour oxidation in older adults.** *J Nutr* 2018
- Blueberries decrease inflammation and regulate blood sugar levels in rats eating a high-fat diet; possible involvement with gut microbes. Lee S, Keirsey KI, Kirkland R, Grunewald ZI, Fischer JG, de la Serre CB. **Blueberry supplementation influences gut microbiota, inflammation, and insulin resistance in high-fat fed rats.** *J Nutr* Feb 2018.



Current Issue

## *Advances in Nutrition (AN)*

January/February 2018, 9(1)

### Featured Articles:

- [Elena S George et al.](#) offer five core dietary recommendations to prevent and manage nonalcoholic fatty liver disease (NAFLD), including following a traditional dietary pattern such as the Mediterranean diet. The authors also pointed to limited research that suggests that coffee consumption may actually help in the prevention and management of NAFLD. **Practical Dietary Recommendations for the Prevention and Management of Nonalcoholic Fatty Liver Disease in Adults.** *Adv Nutr* Jan 2018.
- There is evidence supporting the relation between vitamin D deficiency and attention deficit hyperactivity disorder. However, [Yadollah Khoshbakht et al.](#) note that “the overall effect sizes are small, and therefore the association should be considered equivocal at this time.” The authors call for more prospective cohort studies and community-based intervention trials. **Vitamin D Status and Attention Deficit Hyperactivity Disorder: A Systematic Review and Meta-Analysis of Observational Studies.** *Adv Nutr* Jan 2018.



Current Issue

## *Current Developments in Nutrition (CDN)*

February 2018, 2(2)

### Featured Article:

- **Diet soda and sugar-sweetened soda consumption in relation to incident diabetes in the Northern Manhattan Study.** [Hannah Gardener](#), Yeseon P Moon, Tatjana Rundek, Mitchell SV Elkind, Ralph L Sacco. *Curr Dev Nutr*. Advance Access article published 30 January 2018. <https://doi.org/10.1093/cdn/nzy008>
- Stearoyl-coenzyme A desaturase (SCD) is a key enzyme in fatty acid metabolism. Elevated SCD activity is associated with multiple adverse health outcomes. [Yue Wu et al.](#) investigated the association between serum ferritin level, a biomarker of circulating iron levels, and the Δ9 desaturase index (C16:1/C16:0), a biomarker of estimated SCD activity, among women in the U.S. The authors found that elevated SCD activity may be associated with increased iron storage inside the human body; however, the association did not appear to be mediated via oxidative stress, as estimated by γ-glutamyltranspeptidase levels, a biomarker of oxidative stress levels. **Iron, Oxidative Stress, and Δ9 Stearoyl-Coenzyme A Desaturase Index (C16:1/C16:0): An Analysis Applying the National Health and Nutrition Examination Survey 2003–04.** *Curr Dev Nutr* Jan 2018, Vol 2, Iss 1, pp 1-8. <https://doi.org/10.1093/cdn/nzx001>

## Highlights from Other Journals

- [Advocacy for Improving Nutrition in the First 1000 Days To Support Childhood Development and Adult Health](#) [Schwarzenberg & Georgieff] *Pediatrics*. Policy Statement.
- [Effects of Physical Activity and Sedentary Behavior on Brain Response to High-Calorie Food Cues in Young Adults](#) [Luo et al.] *Obesity*.
- [The Flint Food Store Survey: combining spatial analysis with a modified Nutrition Environment Measures Survey in Stores \(NEMS-S\) to measure the community and consumer nutrition environments](#) [Shaver et al.] *Public Health Nutr.*
- [Breastfeeding and Maternal Hypertension](#) [Park & Choi] *Am J Hypertens*.
- [10 Years On: New evidence on TV marketing and junk food eating amongst 11-19 year olds 10 years after broadcast regulations](#) [Hooper et al.] *Cancer Research UK*. Report.

## Important Dates

Mar 1-3

[International Conference on Nutrition & Growth](#) (Paris, France)

May 3-5

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

Jun 9-12

[Nutrition 2018](#) - Hynes Convention Center (Boston, MA)  
Join ASN for its flagship nutrition-focused annual meeting!

Jul 15-18

[IFT Annual Meeting & Food Expo](#) (Chicago, IL)

Sep 1-4

[ESPEN Congress on Clinical Nutrition & Metabolism](#) (Madrid, Spain)



Donate to the  
ASN Foundation

### Give Today - Support Tomorrow

Donate to the ASN Foundation to support the next generation of nutrition scientists.



Instagram

### We are now on Instagram!

Follow [@americansocietyfornutrition](#) to stay connected!

Stay Connected with ASN



[Visit our website](#)