

NUTRITION

notes

YOUR MONTHLY MEMBER NEWSLETTER

ASN Nutrition Notes
Monthly Member
e-Newsletter

May 2018
Edition

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Plan Your Nutrition 2018 Experience Today!

The [Nutrition 2018 Schedule Planner](#) is an interactive, online platform to help navigate all of the offerings of Nutrition 2018. [Click here for tips](#) on using this online tool to plan your conference experience. Abstracts being presented in oral and poster sessions will be viewable on May 21.

Show Your #Nutrition2018 Pride on Facebook!

Add the official Nutrition 2018 Facebook frame to your profile picture to show the world that you're attending the #1 nutrition science meeting this June! [Click here to add it to your profile.](#)

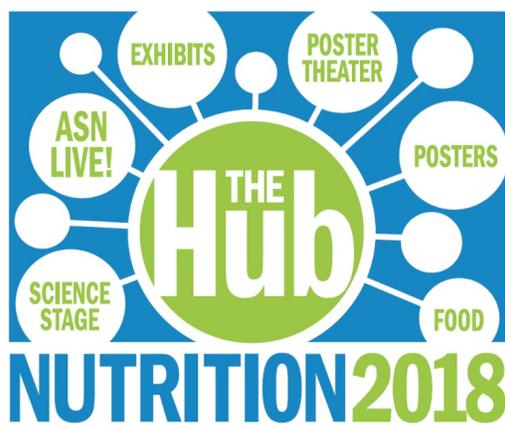
Are you presenting at Nutrition 2018? There's a frame just for you! [Click here to add it to your profile.](#)



Get In on The Hub

ASN extends a big **THANK YOU** to the many companies and partners who will be joining us as **inaugural exhibitors** at Nutrition 2018 in The Hub!

The Hub is the center of activity and the place for



posters, exhibits, meetings, grabbing lunch & more!

Want to join this growing list? Use the links below for more information and secure your booth today!

[The Hub @ Nutrition 2018 Inaugural Exhibitors](#)

[Sign Up to Exhibit at Nutrition 2018](#)

Winner of the Danone International Prize for Alimentation Announced

The Danone Institute International is pleased to announce that the 2018 [Danone International Prize for Alimentation](#) will be awarded to:

Dr. Sophie Nicklaus (INRA-CSGA, France)

Please join us for her lecture at Nutrition 2018:

Nurturing Health Through Pleasure of Eating: The Right Choices from the Start

Monday, June 11, 2018 at 5:45 PM

The purpose of this award is to encourage pioneering and cutting-edge research in the development of effective healthy eating strategies. The award is intended to boost multidisciplinary collaboration, integrating all disciplines relating to nutrition, from anthropology and psychology to socio-economics. The Danone International Prize for Alimentation recognizes and supports talented and highly motivated mid-career researchers whose work contributes to scientific excellence in the field of Alimentation.

Vision 2028: A Look Ahead



Work continues on the development of ASN's [Vision 2028](#). The Strategic Oversight Committee is developing a draft vision from the outcome of the Vision 2028 Summit. ASN members will be able to review, discuss and comment during the summer, both online and at [Nutrition 2018](#), June 9-12 in Boston. The Board of Directors will approve a final vision by the end of 2018 to guide ASN's path towards our 100th anniversary in 2028.

ASN Virtual Business Meeting & Telephone Town Hall

ASN is going virtual! ASN President Mary Ann Johnson, PhD, Treasurer Paul M. Coates, PhD, Secretary Susan Percival, PhD, and Vice President Catherine J. Field, PhD, RD are busy preparing a virtual ASN Business Meeting & Telephone Town Hall. They are eager to share important society business reports with entire ASN membership. They also look forward to a new opportunity to engage more members in the two-way communication that is so essential to ASN as a member organization.

The [Virtual Business Meeting](#) will be posted online on-demand for you to view at your convenience beginning May 11, 2018. A few weeks later, after members have had a chance to view the presentation, ASN Officers will host a **Telephone Town Hall** on Tuesday, May 29 at 2:00 PM (EDT). You and your colleagues around the globe can call to ask questions, provide suggestions and advice to the leadership, or to simply listen to the Q&A discussion. The **Town Hall telephone number** will be **1-855-756-7520, Conference ID 40098#**. This is your chance to get involved in your society from your own home or office!

Watch for an email from ASN with the link to the Virtual Business Meeting and a telephone number for the Telephone Town Hall. The new format will not only provide more convenience and opportunity for the full ASN membership to participate in this annual business meeting. The new schedule maximizes

Public Affairs News



More Public Affairs
News

Congressman Visits USDA Beltsville Human Nutrition Research Center

On May 1st U.S. Representative Anthony Brown (MD-D) and U.S. Senator Ben Cardin's (MD-D) staff toured the U.S. Department of Agriculture's Beltsville Human Nutrition Research Center. Center staff, including ASN members Dr. Naomi Fukagawa, Center Director, and Dr. David Baer, Food Components and Health Laboratory research leader, led the tour of the laboratory including their Human Study Unit. An hour-long windshield tour of the 6,500-acre facility was an opportunity to provide an overview of the important research supported and conducted by the USDA.

ASN Farm Bill Advocacy

The American Society for Nutrition partnered with the Academy of Nutrition and Dietetics, Society for Nutrition Education and Behavior, and the Food Trust to host a Hill Day on Tuesday, April 24th in Washington, D.C. 42 participants met with nearly 40 Congressional offices to advocate for nutrition research and nutrition education in the 2018 Farm Bill.



Estate Planning & Charitable Giving Seminar

Presented by the ASN Foundation - Be Our Guest!

Two **Free** Sessions Available

Monday, June 11, 2018, 10:00–11:00 AM and 1:00-2:00 PM

Hynes Convention Center (at Nutrition 2018), Boston, MA

Conducted by UBS Financial Services, Inc.

For many, the gifts our families leave us can't be measured in dollars. Your family values, your work ethic, your charitable efforts may be the gifts you also hope to pass on to your loved ones. When it comes to creating a lasting legacy, a well-structured estate plan should be your first step. Please join us for an informative discussion on the importance of creating an estate plan that addresses your family values and charitable passions, as well as a number of wealth transfer strategies. Topics covered will include:

- Estate Planning in Plain English
- Benefits of a Living Trust
- Helping Family Members Avoid "Sudden-Wealth Syndrome"
- Using Charitable Gift Planning to Maximize Your Income and Minimize Your Income Taxes

Family members are encouraged to attend. Seating is limited. Reservations/RSVPs are requested. RSVP to reserve your seat us at kdillon@nutrition.org.

Thank You to ASN Journals Peer Reviewers. . .

We acknowledge with thanks the over [1,700 reviewers](#) who provided careful and expert evaluation of research manuscripts for ASN journals. Their reviews provided authors with information needed to improve their work, and their contributions were instrumental in determining the manuscripts that met the quality standards for publication in the Society's journals.

We greatly appreciate their willingness to share their time and expertise in support of the peer review process for ASN journals. The anonymous, conscientious, fair, and timely peer review they provided is the lifeblood of scholarly publishing. All reviewers were formally recognized in the January 2017 issue of ASN journals. In addition, a [combined list of ASN journal reviewers](#) is posted on the ASN website



Editor Search Announcement: *The American Journal of Clinical Nutrition*

The American Society for Nutrition (ASN) announces the [search for Editor-in-Chief](#) of *The American Journal of Clinical Nutrition* (AJCN), an interdisciplinary, peer-reviewed journal that publishes meritorious work in basic, clinical, and population sciences relevant to human nutrition. The AJCN is the leading journal in clinical nutrition worldwide, having the highest impact factor among peer-reviewed research journals in the nutrition and dietetics category and subscribers on six continents. The five-year appointment of the new Editor will begin January 1, 2019.

Applicants should have achieved a high level of visibility in clinical nutrition research and practice and have demonstrated strong leadership skills. In addition, it is important to have a broad perspective of the field of human nutrition and clinical research experience and to be astute about emerging areas of research. Previous editorial experience and the ability to articulate a clear vision for AJCN are key elements upon which applicants will be evaluated.

Applications should be received by June 1, 2018 and include a cover letter describing the reasons for the candidate's interest in the position, a brief description of the candidate's editorial experience (including the evaluation of the manuscripts of others), and a curriculum vitae. After review of applications, the top candidates will be asked to provide additional information on their qualifications and their strategic vision for the journal. Screening of applications will begin June 1, 2018. Finalists will be interviewed by the AJCN Editor Search Committee in mid-2018.

All applications and nominations should be addressed to the Committee Chair, Dr. Kathleen Rasmussen, and submitted electronically to Lisa Marshall, Senior Consultant, KWF Consulting (lisa.marshall@kwfco.com). For more information, please visit the [AJCN Editor Search Announcement](#).

Interview with Sarah Reyes, PhD Candidate in Nutritional Sciences at Cornell University and NIH Predoctoral Trainee in Translational Research in Nutrition

Sarah Reyes received her BA in Interdisciplinary Studies – International Studies and Human Nutrition and her MS in Animal Science from the University of Idaho and is completing her PhD studies in the Human Nutrition Program at Cornell University's Division of Nutritional Sciences. Sarah is an NIH predoctoral trainee on a translational research in nutrition training grant of which, until recently, former ASN president Patrick Stover was the PI. Sarah has been an ASN member since 2009 and holds the position of Secretary for the International Society for Research in Human Milk and Lactation's (ISRHML) Trainee Interest Group, an ASN partner.



1. How did you first get involved in nutrition science and research?

I come from Idaho, a rural state with high rates of chronic diseases such as diabetes and hypertension. I originally wanted to become a physician because access to quality medical care in Idaho is relatively limited for poor and rural populations. I chose to study International Studies and Human Nutrition to give me breadth of knowledge that I thought would position me competitively for acceptance into medical school. However, the more I learned about the cycles of poverty and oppression in my International Studies courses and the power of nutrition and exercise to prevent and even treat chronic disease, I realized quickly that my passion was to empower people like me—the daughter of a mixed-race couple from a blue-collar family in poor, rural America—prevent chronic disease. I became passionate about public health and how to disrupt the systems in place that sustain cycles of poverty and oppression...

2. Tell us about your current position and the research activities in which you are involved.

I'm a PhD candidate in the Division of Nutritional Sciences at Cornell University. Kathleen Rasmussen is the Chair of my doctoral committee, and I collaborate with the laboratories of Anthony Hay at Cornell University, Mark McGuire at the University of Idaho, and Shelley McGuire at Washington State University. In the spirit of translational research, I was intent on using basic science to advance a public health initiative for my doctoral research. I was able to leverage my Chair's interest in women's real-life experiences with pumping and feeding expressed breast milk with the combined expertise in microbiology and lactation physiology of my collaborators. I was particularly interested in the discordance between the way expressed milk was collected in studies cited in current

recommendations for handling and storage of expressed milk at home and the way expressed milk is collected in real-life... I'm excited to share some of our results for the first time at Nutrition 2018!

3. You're a student at a prestigious university, a mother of two, and pregnant! How do you do it?

I get that question a lot! In fact, I made a [YouTube video of a day in my life](#) to give others a glimpse of how I make it work. First, I have a fully supportive and loving husband, Paul Reyes. His commitment to helping me achieve this goal is undoubtedly a huge reason why I have been able to pull off school and kids simultaneously. My hat goes off to all the single, working moms out there. I don't know how they do it! Second, having kids has pushed me to become more intentional about my goals, to prioritize my daily, weekly, monthly, and yearly tasks needed to accomplish those goals, and to manage my time so I can maintain the energy and enthusiasm needed to be productive over extended periods of time while still being present at home.

[Read the full interview with Sarah Reyes here](#)

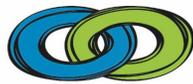
Catch Up on the Latest Science from Meetings You Missed!



ASN on Demand

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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](#) using the access code sent to you. For assistance email asnondemand@nutrition.org.



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Visit ASN NutriLink

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 your email frequency. Contact the [ASN NutriLink Community Administrator](#) for any questions.

ASN Journal Highlights



Latest Issue

The American Journal of Clinical Nutrition (AJCN)

May 2018, 107(5)

Featured Articles:

- Tang M, Hendricks AE, Krebs NF. [A meat- or dairy-based complementary diet leads to distinct growth patterns in formula-fed infants: a randomized controlled trial](#). *Amer J Clin Nutr* 2018 107(5):734-42.
- Meyer-Gerspach AC, Biesiekierski JR, DeLoose E, Clevers E, Rotondo A, Rehfeld JF, Depoortere I, Van Oudenhove L, Tack J. [Effects of caloric and noncaloric sweeteners on antroduodenal motility, gastrointestinal hormone secretion and appetite-related sensations in healthy subjects](#). *Amer J Clin Nutr* 2018 107(5):707-16.
- Brown AGM, Houser RF, Mattei J, Rehm CD, Mozaffarian D, Lichtenstein AH, Foltz SC. [Diet quality among US-born and foreign-born non-Hispanic blacks: NHANES 2003–2012 data](#). *Amer J Clin Nutr* 2018 107(5):695-706.

The Journal of Nutrition (JN)

May 2018, 148(5)

Editor's Choice:

- **Inclusion of red raspberry powder reduces not only inflammatory processes but also risk factors for colon cancer in a mouse model of ulcerative colitis.** Bibi S, M Du,



Latest Issue

Zhu M-J. [Dietary red raspberry reduces colorectal inflammation and carcinogenic risk in mice with dextran sulfate sodium-induced colitis](#). *J Nutr* 2018 148(5):667-74.

Featured Articles:

- **Might childhood malnutrition predispose teenage boys to behavioral problems?** Robinson SL, Marín C, Oliveros H, Mora-Plazas Mercedes, Richards BJ, Lozoff B, Villamor E. [Iron deficiency, anemia, and low vitamin B-12 serostatus in middle childhood are associated with behavior problems in adolescent boys: results from the Bogotá school children cohort](#). *J Nutr* 2018 148(5):760-70.
- **Can altering the caloric density of foods help with appetite control?** Buckland NJ, Camidge D, Croden F, Lavin JH, Stubbs RJ, Hetherington MM, Blundell JE, Finlayson G. [A Low Energy-Dense Diet in the Context of a Weight-Management Program Affects Appetite Control in Overweight and Obese Women](#). *J Nutr* 2018 148(5):798-806.
- **New study finds dietary patterns might be established by 1 or 2 years of age.** Luque V, Escribano J, Closa-Monasterolo R, Zaragoza-Jordana M, Ferré N, Grote V, Koletzko B, Totzauer M, Verduci E, ReDionigi A, Gruszfeld D, Socha P, Rousseaux D, Moretti M, Oddy W, Ambrosini GL. [Unhealthy dietary patterns established in infancy track to mid-childhood: the EU Childhood Obesity Project](#). *J Nutr* 2018 148(5):752-59.



Latest Issue

Advances in Nutrition (AN)

March/April 2018, 9(2)

Featured Articles:

- **Are 100% Fruit Juices Healthier than Sugar-Sweetened Beverages?** Ounce for ounce, 100% fruit juices often contain as much sugar as sugar-sweetened beverages, raising the question are they any healthier? While whole fruit offers more fiber than 100% fruit juice, [Brandon J. Auerbach et al.](#) found that "there are substantially lower health risks from 100% fruit juice consumption compared with sugar-sweetened beverages." Auerbach BJ, Dibey S, Vallila-Buchman P, Kratz M, Krieger J. [Review of 100% Fruit Juice and Chronic Health Conditions: Implications for Sugar-Sweetened Beverage Policy](#). *Adv Nutr* 2018 9(2):78-85.
- **Is Nutritional Genomics the New Frontier of Healthcare?** With direct-to-consumer genetic testing, people can easily gather information on their genetic vulnerability to different diseases, including obesity, cancer, cardiovascular disease, and type 2 diabetes. [Marta Guasch-Ferré et al.](#), however, find that more research is needed before nutritional genomics can offer customized nutrition based on an individual's genetic makeup. Guasch-Ferré M, Dashti HS, Merino J. [Nutritional Genomics and Direct-to-Consumer Genetic Testing: An Overview](#). *Adv Nutr* 2018 9(2):128-35.



Latest Issue

Current Developments in Nutrition (CDN)

April 2018, 2(4)

Featured Article:

- **More than a third of the population in Bangladesh is affected by household food insecurity.** The authors set out to determine the association between household food security and birth size of infants. They found that household food security is a key factor associated with small birth size, which in turn is associated with higher rates of mortality and morbidity. The authors recommend that "interventions to increase birth size should target women belonging to food insecure households." Chowdhury M, Dibley MJ, Alam A, Huda TM, Raynes-Greenow C. [Household Food Security and Birth Size of Infants: Analysis of the Bangladesh Demographic and Health Survey 2011](#). *Curr Dev Nutr* 2018 2(3):nzy003.

Highlights from Other Journals

- [Will Posting Nutritional Information on Menus Prod Diners to Make Healthier Choices?](#) [Rubin]. *JAMA*.
- [Management of Type 1 Diabetes With a Very Low-Carbohydrate Diet](#) [Lennerz et al.] *Pediatrics*.
- [Cataloging the Bloomberg era: New York City legislation relevant to cardiovascular risk factors](#) [Rhodes-Bratton et al.] *Cities and Health*.
- [Gut Microbiome Composition in Non-human Primates Consuming a Western or Mediterranean Diet](#) [Nagpal et al.] *Front Nutr*.
- [The association between 25-hydroxyvitamin D concentration, physical performance and frailty status in older adults](#) [Vaes et al.] *Eur J Nutr*.

Important Dates

Jun 9-12

[***Nutrition 2018: Where the Best in Science & Health Meet***](#) (Boston, MA) - ASN's Flagship Nutrition-Focused Annual Meeting!

Jul 15-18

[***IFT18: A Matter of Science & Food***](#) (Chicago, IL)

Jul 29-Aug 3

[***FASEB Science Research Conference: Folic Acid, Vitamin B12, and One-Carbon Metabolism***](#) (Western Shore, NS, Canada)

Sep 1-4

[***40th ESPEN Congress on Clinical Nutrition & Metabolism***](#) (Madrid, Spain)

Oct 20-23

[***FNCE 2018: Food & Nutrition Conference & Expo***](#) (Washington, DC)

Nov 11-15

[***ObesityWeek 2018: TOS Annual Scientific Meeting***](#) (Nashville, TN)



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