

# NUTRITION

.....notes

YOUR MONTHLY MEMBER NEWSLETTER

ASN Nutrition Notes  
Monthly Member  
e-Newsletter

June 2018  
Edition

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## Nutrition 2018 – One for the Record Books

Over 3,500 nutrition scientists, clinicians, global health specialists, population scientists, and public policy experts gathered June 9-12 at the Hynes Convention Center in Boston, MA for Nutrition 2018 – surpassing our past attendance record by 20% for ASN’s inaugural flagship meeting. As in the past, ASN’s international reach was in full force, with over a quarter of the attendance from outside the U.S. We look forward to sharing more specific demographic information on the first-ever Nutrition 2018 attendees, once the final audit of registration data is complete.

To see Nutrition 2018 for yourself, check out the [official photos](#). Thousands of images are available for you to review, save and share. Please credit the American Society for Nutrition/EPNAC and include #Nutrition2018 when you share. While you are reliving Nutrition 2018 or catching up on what you may have missed, be sure to search hashtag [#Nutrition2018](#) to see over 2,000 posts on Twitter, Instagram and Facebook. ASN is grateful to the media – both traditional and social – for widely sharing and providing necessary context around the science presented in Boston.

Nutrition 2018 received press coverage from major news outlets such as Associated Press, *Fortune*, *U.S. News & World Report*, *The Washington Post*, and National Public Radio among many others. In addition, ASN provided custom coverage to attendees and those back at home with the *Nutrition 2018 Daily* ([Saturday](#), [Sunday](#) and [Monday](#) editions).

The Nutrition 2018 Scientific Program Committee put together a strong program featuring symposia, oral sessions, poster sessions. In addition, 19 Satellite Programs were sponsored and organized by third party groups. ASN meeting veterans reconnected with colleagues and mingled with students and a record 42% first-time attendees and exhibitors to kick off Nutrition 2018 at the Opening Reception in The Hub, where lunch was also served on the next two days. ASN introduced some new educational elements at the new ASN flagship meeting which added some excitement to The Hub.

Throughout the meeting, special achievements and accomplishments in nutrition science were honored and celebrated through awards, competitions and other tributes. The [2018 Class of ASN Fellows](#) was introduced at the Opening Session and honored at the Fellows/50 Year Member Luncheon on Sunday.

Watch for surveys soon for both those at Nutrition 2018 and those members who chose not to attend. The feedback will be essential for refining and continuing to raise the bar on for [Nutrition 2019](#), June 8-11 in Baltimore, MD. Don’t forget to complete session evaluations, claim your [CE/CME credit](#) and [download a certificate of attendance](#).

Mark your calendar now and save the date

# Save the Date for Nutrition 2019

## DATE AND TIME

06/08/19 6:00am-06/11/19 12:00pm

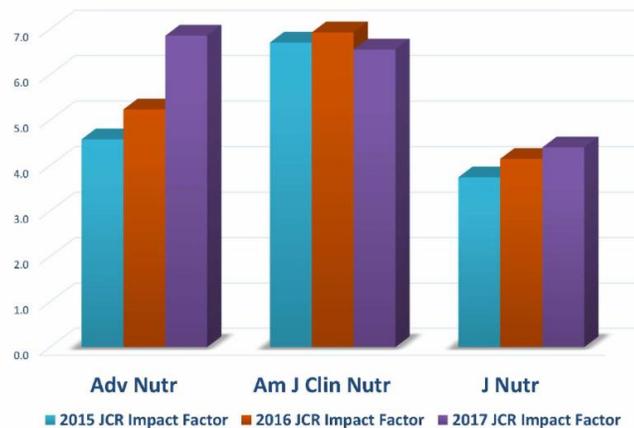


## ASN Journals See Increases in 2017 Journal Impact Factors

The 2017 Journal Citation Reports® by Clarivate Analytics have been released, and ASN Journals continue to lead in the Nutrition & Dietetics journal category with over 100,000 citations!

**Both *Advances in Nutrition* and *The Journal of Nutrition* earned the highest Impact Factor ever**, increasing to **6.853** and **4.398** respectively, keeping their place alongside *AJCN* as the top-ranked journals in nutrition and dietetics.

2015-2017 Impact Factors - ASN Journals



We look forward to announcing an Impact Factor for ASN's newest journal, *Current Developments in Nutrition*, in the summer of 2019. Please contact [journal@nutrition.org](mailto:journal@nutrition.org) if you have any questions.

## Invent the Future – ASN's VISION 2028 Needs YOUR Input

Although ASN itself is only a little over a decade old, we trace our direct antecedents back to 1928 and will hence celebrate our centenary in 2028; just 10 years from now. How will nutritional sciences have evolved by 2028, and how can ASN best serve its members to meet these new challenges? Many businesses, civil organisations and governments adopt a 10-year horizon for visioning purposes as they aspire to become, and remain, fit for the future.



In 2015 Past-President Stover proposed that ASN should undertake a radical visioning to prepare for the future, which has ultimately emerged over the past few years as [VISION 2028](#). The Board of Directors tasked the Strategic Oversight Committee (SOC) to lead, with broad participation of the membership, a horizon scanning exercise to answer some of the big questions of our time to prepare ASN for the future.

All ASN Members are invited and encouraged to review the [Vision 2028 Green Paper](#) and [provide input](#) via the website. The deadline for comment is August 15, 2018, after which time the SOC will consolidate input and provide the VISION 2028 White Paper to the ASN Board of Directors for review and adoption by year-end.

FYI, the full details of ASN's history are available on the [ASN website](#).

# ASN Virtual Business Meeting & Telephone Town Hall

ASN President Mary Ann Johnson, PhD, Treasurer Paul M. Coates, PhD, Secretary Susan Percival, PhD, and Vice President Catherine J. Field, PhD, Rd hosted ASN's first *virtual* ASN Business Meeting & Telephone Town Hall in May 2018. The new format not only provided more convenience and opportunity for the full ASN membership to participate in this annual business meeting, it also freed up time for more science at Nutrition 2018. The important society business reports and opportunity to submit feedback remain available to the entire ASN membership on the [Virtual Business Meeting](#) page. We encourage you to stay involved in your society from the comfort of your own home or office!



IUNS  
INTERNATIONAL  
UNION OF  
NUTRITIONAL  
SCIENCES

## International Union of Nutritional Sciences (IUNS) News

The May 2018 IUNS Newsletter features updates from the 21st IUNS International Congress of Nutrition in Buenos Aires, Argentina and the recent IUNS Council meeting. Visit the [IUNS page](#) on ASN's website to download or read the newsletter and get other updates from IUNS.

### **Call for Letters of Intent**

*The National Pork Board is requesting initial Letters of Intent (LOI) to conduct research for 2019 funding in specified areas of interest regarding fresh, lean pork and human nutrition. The specified research and format will be available July 10th, 2018. The initial, 2-page, LOI will be **due to the National Pork Board on August 14th, 2018**. For more information please visit [www.pork.org/research](http://www.pork.org/research).*

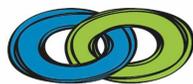
## Catch Up on the Latest Science from Meetings You Missed!



*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

## 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

*The American Journal of Clinical Nutrition (AJCN)*



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June 2018, 107(6)

**Featured Articles:**

- Fuller NR, Sainsbury A, Caterson ID, Denyer G, Fong M, Gerofi J, Leung C, Lau NS, Williams KH, Januszewski AS, Jenkins AJ, Markovic TP. [Effect of a high-egg diet on cardiometabolic risk factors in people with type 2 diabetes: the Diabetes and Egg \(DIABEGG\) Study—randomized weight-loss and follow-up phase.](#) *Amer J Clin Nutr* 2018 107(6):921-931.
- Devi S, Varkey A, Sheshshayee MS, Preston T, Kurpad AV. [Measurement of protein digestibility in humans by a dual-tracer method.](#) *Amer J Clin Nutr* 2018 107(6):984-991.
- Crider KS, Qi YP, Devine O, Tinker SC, Berry RJ. [Modeling the impact of folic acid fortification and supplementation on red blood cell folate concentrations and predicted neural tube defect risk in the United States: have we reached optimal prevention?](#) *Amer J Clin Nutr* 2018 107(6):1027-34.



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**The Journal of Nutrition (JN)**

June 2018, 148(6)

**Editor's Choice:**

- **The relationship between childhood wasting and stunting.** Stobaugh HC, Rogers BI, Rosenberg IH, Webb P, Maleta KM, Manary MJ, Trehan I. [Children with poor linear growth are at risk for repeated relapse to wasting after recovery from moderate acute malnutrition.](#) *J Nutr* 2018 148(6):974-79.
- **The limiting amino acids for endurance-trained men are likely branched chain amino acids.** Kato H, Suzuki K, Bannai M, Moore DR. [Branched-chain amino acids are the primary limiting amino acids in the diets of endurance-trained men after a bout of prolonged exercise.](#) *J Nutr* 2018 148(6):925-31.
- **Potential biomarkers of habitual food intake are detected using untargeted metabolomics.** Wang Y, Gapstur SM, Carter BD, Hartman TJ, Stevens VL, Gaudet MM, McCullough. [Untargeted metabolomics identifies novel potential biomarkers of habitual food intake in a cross-sectional study of postmenopausal women.](#) *J Nutr* 2018 148(6):932-43.

**Featured Articles:**

- **Healthy eating patterns associated with lower risk of hearing loss in women.** Curhan SG, Wang M, Eavey RD, Stampfer MJ, Curhan GC. [Adherence to healthful dietary patterns is associated with lower risk of hearing loss in women.](#) *J Nutr* 2018 148:944-51.
- **Walnuts – are their health benefits due to shifts in our intestinal bacteria?** Holscher HD, Gutterman HM, Swanson KS, An Ru, Matthan NR, Lichtenstein AH, Novotny JA, Baer DJ. [Walnut consumption alters the gastrointestinal microbiota, microbially derived secondary bile acids, and health markers in healthy adults: a randomized controlled trial.](#) *J Nutr* 2018 148(6):861-67.
- **Can eating yogurt lower inflammation?** Pei R, DiMarco DM, Putt KK, Martin DA, Chitchumroonchokchai C, Bruno RS, Bolling BW. [Premeal low-fat yogurt consumption reduces postprandial inflammation and markers of endotoxin exposure in healthy premenopausal women in a randomized controlled trial.](#) *J Nutr* 2018 148(6):910-16.



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**Advances in Nutrition (AN)**

May/June 2018, 9(3)

**Featured Articles:**

- Protein RDA for adults is 0.8 grams per kilogram of body weight per day. [Daniel A. Traylor et al.](#), however, challenge whether this is sufficient for older adults. In addition to their recommendation to increase protein intake, the authors note that a more even protein distribution throughout the day for older adults may increase the potential for long-term maintenance of muscle mass.
- [Melisa A. Bailey et al.](#) find that "research on the mechanisms by which a Mediterranean diet pattern improves health, including modulation of the gastrointestinal microbiota, endotoxemia, and

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inflammation, is minimal.” They call for large-scale clinical trials to help tweak the Mediterranean diet or isolate particular beneficial components of the diet to improve human health.



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## Current Developments in Nutrition (CDN)

June 2018, 2(6)

### Featured Article:

- Fortified blended foods, particularly corn-soybean blend, are distributed in developing countries to help improve nutritional intake. [Kavitha Penugonda et al.](#) conducted a study to determine bioavailable iron and vitamin A levels from newly developed extruded corn, soybean, sorghum, and cowpea fortified blended foods and then compare them to the non-extruded traditional fortified blended foods, corn-soy blend 13 and corn-soy blend plus. Their results support the consumption of the newly developed fortified blended foods.

## Highlights from Other Journals

- [Effects of 8-hour time restricted feeding on body weight and metabolic disease risk factors in obese adults: A pilot study](#) [Gabel et al.] *J Nutr Health Aging*.
- [Lactobacillus reuteri reduces bone loss in older women with low bone mineral density – a randomized, placebo-controlled, double-blind, clinical trial.](#) [Nilsson et al.] *J Intern Med*.
- [Dairy food consumption is associated with a lower risk of the metabolic syndrome and its components: a systematic review and meta-analysis](#) [Lee et al.] *Br J Nutr*.
- [Association Between Modifiable Risk Factors and Pharmaceutical Expenditures Among Adults With Atherosclerotic Cardiovascular Disease in the United States: 2012–2013 Medical Expenditures Panel Survey](#) [Salami et al.] *J Am Heart Assoc*.
- [Food acquisition methods and correlates of food insecurity in adults on probation in Rhode Island](#) [Dong et al.] *PLOS One*.

## Important Dates

Jul 15-18

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

Jul 19-20

[4<sup>th</sup> Annual NNEdPro International Summit: Medical & Public Health Nutrition Education & Research](#) (Cambridge, UK)

Jul 29-Aug 3

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

Sep 1-4

[40<sup>th</sup> ESPEN Congress on Clinical Nutrition & Metabolism](#) (Madrid, Spain)

Sep 21-26

[1<sup>st</sup> International Conference on Precision Nutrition & Metabolism in Public Health & Medicine](#) (Crete, Greece)

Oct 2-5

[3<sup>rd</sup> Annual Conference on Native American Nutrition](#)

(Prior Lake, MN)

Oct 20-23

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

(Washington, DC)

Nov 11-15

**[XVIII Latin-American Congress of Nutrition / Congreso Latinoamericano de Nutrición](#)** (Guadalajara, Mexico)

Nov 11-15

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

(Nashville, TN)



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