

NUTRITION

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YOUR MONTHLY MEMBER NEWSLETTER

ASN Nutrition Notes
Monthly Member
e-Newsletter

November
2018 Edition

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Nutrition 2019 Abstract Submission is Open

Share your science with researchers around the globe! We are looking for the best basic, clinical, translational, population and public health science that impacts the field of nutrition.

This year, our interest groups and councils are working together to integrate new science on key topical areas including:

Neuroscience, Cognitive Function and Chronobiology
Nutrition Influences on Human Microbiomes
Food Security and its Connects to Nutrition and Health
Energy Balance, Ingestive Behavior and Weight Management
and much more!

Clinical case vignettes and abstracts on methods and protocols also are sought. [Review the full list of abstract topics.](#)

Deadline for abstract submissions is January 18, 2019. Visit <https://meeting.nutrition.org/abstracts> for instructions, travel award opportunities and other resources.

We can't wait to see you and your research at Nutrition 2019!



Last Call for Nominations: W.O. Atwater Memorial Lecture

The USDAARS is seeking nominations for the 2019 W. O. Atwater Memorial Lecture, co-sponsored by ASN. The Lecture will be presented at Nutrition 2019 in Baltimore, June 8-11.

Established 50 years ago, this lectureship honors the memory of Wilbur Olin Atwater (1844-1907) and recognizes scientists who have made unique contributions toward improving the diet and nutrition of people around the world. Atwater, considered the father of modern nutrition research and education, was the U.S. Department of Agriculture's first chief of nutrition investigations.

The Lecture is on a research topic, scientific trend or policy issue of the Lecturer's choice. An honorarium of \$2,000, a medallion, and expenses to present the Lecture are part of the award.

To nominate, send a letter explaining the nominee's contributions to nutrition and the candidate's current CV to: AtwaterLecture@ars.usda.gov (PDF format only). Nominees may be outstanding contributors in industry, universities, or government positions. Current ARS employees are not eligible.

Family Support Grants are Back for Nutrition 2019

ASN is proud to be family friendly and excited to announce the offering of **Family Support Grants** for Nutrition 2019. Thanks to the ongoing support of **The Sugar Association** and the **National Dairy Council**, these grants help off-set care-giving expenses to enable scientists with dependent children or family members to present their research in Baltimore. Last year, nearly **\$8,000** was provided to support 19 abstract presenters. We will post more details and a grant application in the coming weeks. Over the Thanksgiving holiday, talk to your family about your research and the opportunity to present at Nutrition 2019. **Partners:** If you have dollars to support ASN's family initiatives, please contact [Keith Dillon](#).

'Tis the Season for Giving!



Please consider making an end-of-year donation to support your professional home.

The ASN Foundation is excited to announce two new funds now available for your gift designations:

Dennis Bier, MD Endowment (NEW for 2018!)

This endowment will support the launch of the **Dennis Bier, MD Young Career Editor**, a new position on the Editorial Board of *The American Journal of Clinical Nutrition* that is being created in the coming year.

ASN Foundation's Young Investigator Pilot Grants Fund (NEW for 2018!)

Your generous donations will support much needed annual research grants for preliminary or pilot phases of young investigators' research projects.

Click [here to learn more about these and other ASN Foundation giving options](#). All donations received **before December 31, 2018** are tax deductible to the full extent of the law and can be deducted from your taxes this calendar year.

DONATE NOW

Association of Nutrition Departments and Programs (ANDP) Convenes at Cornell

ANDP member department chairs and program directors participated in the 2018 ANDP & CFSA Joint Meeting, October 24-26 at Cornell University. The first half day focused on strengthening ANDP and preparing for the future with open discussions on ANDP Membership Eligibility & Recruitment, ANDP's Added Value to its Membership, ANDP-ASN Joint Opportunities. Following a presentation on Review Articles in Nutrition, the ANDP Business Meeting and ANDP Board Meeting convened.



Day two was programmed jointly with the Council of Food Science Administrators. Participants had presentations and discussions on Graduate Student Funding, Philanthropy and New Funding Initiatives, Industry Funding & Ethics, Effective Search Practices, Teaching Loads, Space Allocation. The day wrapped up with a tour of Stocking Hall, the food science building, a beautiful fall campus walk and a reception and dinner co-hosted by the Nutrition and Food Science Departments.

The dates and location for the 2019 meeting will be announced in December. Check out [ANDPonline.org](#) for more information.

ASN Health & Policy News

NIH Invites Feedback on Draft *Strategic Plan for NIH Nutrition Research*
The [draft Strategic Plan for NIH Nutrition Research](#) highlights broad areas of



research opportunities categorized into seven themes and recognizes cross-cutting research areas, including minority health and disparities, women's health, rigor and reproducibility, and systems science. The 7 themes are:

1. Investigate Nutritional Biochemistry, Physiology, and the Microbiome
2. Assess the Role of Nutrition and Dietary Patterns in Development, Health, and Disease across Life Stages
3. Explore Individual Variability in Response to Diet Interventions to Inform Nutrition Science, Improve Health, and Prevent Disease
4. Enhance Clinical Nutrition Research to Improve Health Outcomes in Patients
5. Advance Implementation Science to Increase the Use of Effective Nutrition Interventions
6. Develop and Refine Research Methods and Tools
7. Support Training to Build an Outstanding Nutrition Research Workforce

See also:
[Call for Applications: 2019 ASN Science Policy Fellowships](#)

See also:
[Call for ASN Blogger Applications](#)

See also:
[Send ASN Your Research Stories!](#)

See also:
[ASN Celebrates Public Health Thank You Day](#)

More ASN Policy News

The NIH seeks input on the draft *Strategic Plan for NIH Nutrition Research* from stakeholders **through December 15, 2018**. Responses must be submitted electronically to nutritionresearch@niddk.nih.gov. *Do not include any proprietary, classified, confidential, trade secret, or sensitive information in your response.* The NIH seeks comments on the following topics:

- The appropriateness of the priorities listed in the plan and of the strategies proposed to achieve them;
- Opportunities for NIH to partner in achieving these goals;
- Additional concepts that should be included in the plan;
- Performance measures and milestones that could be used to gauge the success of elements of the plan and inform course corrections;
- Any other topic the respondent feels is relevant for NIH to consider in developing this strategic plan.

Following the public comment period, the draft plan will undergo revisions and final NIH clearance. The final plan is expected to be available in early 2019, after which the implementation process will begin.



JN 90th Anniversary Collection

This year, *The Journal of Nutrition* (JN) celebrates its 90th anniversary. Published since 1928, JN was the first journal dedicated to publishing original, peer-reviewed research in all areas of nutrition. Over the years, JN has been a vehicle for publishing novel research in a broad spectrum of topics, and some of the most influential nutrition discoveries have first been documented in JN's pages.

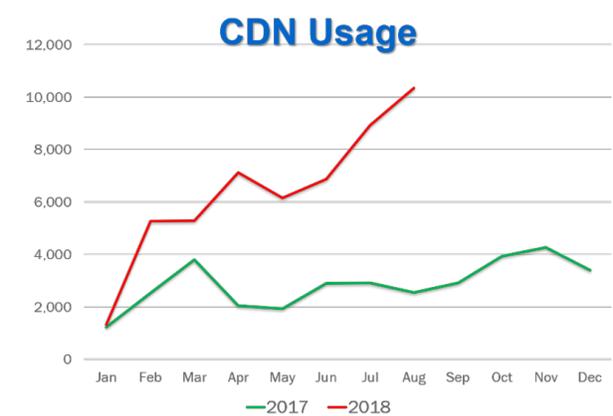
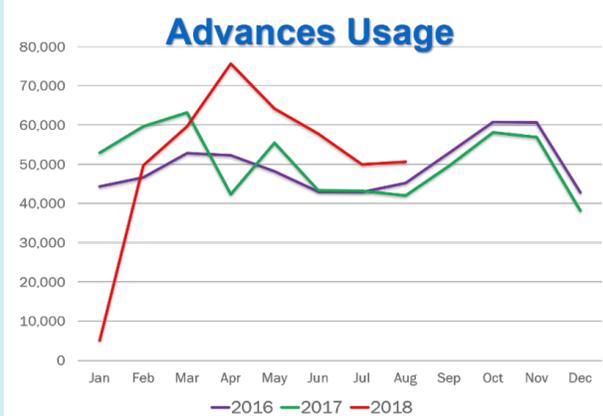
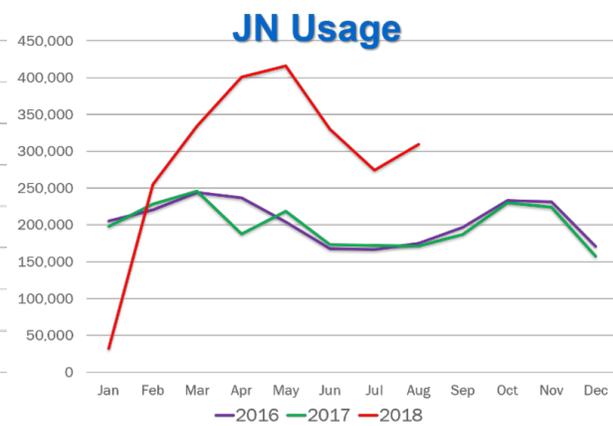
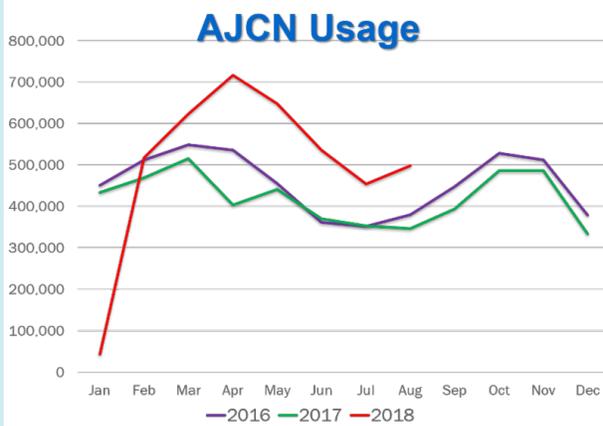
To commemorate 90 years of excellence, Editor-in-Chief, Dr. Teresa A. Davis has curated a collection of articles representing some of the most groundbreaking studies published over the past decades, each accompanied by a commentary by leading nutrition researchers highlighting the impact of the article on today's nutrition research.

The commentaries are published together in a collection within the [JN October 2018 issue](#). Within the issue, Anura V Kurpad discusses Harper's 1959 study on amino acid balance and imbalance; Forrest H Nielsen reviews the impact of Reeves et al.'s

1993 report on AIN-93 purified diets for laboratory rodents; and Aryeh D Stein discusses Arimond and Ruel's study linking dietary diversity to good nutrition among children, first published in 2004.

In all, the virtual issue delivers 16 landmark articles and new accompanying commentaries, covering a wide section of the field of nutrition science. Visit https://academic.oup.com/jn/pages/90th_anniversary.

ASN Journals Show Increased Usage on OUP

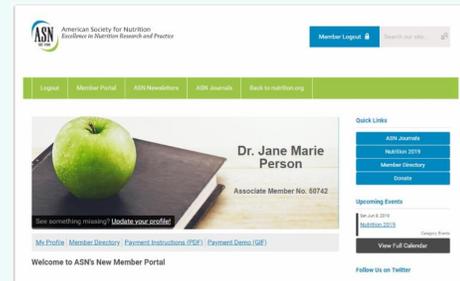


New ASN Member Portal

Login at <https://signin.nutrition.org> to access the new ASN Member Portal. Your Username is now your email address and Password is your ASN member number.

This website will help maintain more current membership records, with active links to ASN journals, simple tools for staying in touch through ASN NutriLink, updated information for Nutrition 2019, and valuable member resources. Please pardon our dust, we are still under construction and in the process transitioning all membership information and links to this new portal. Come see what we've started.

While you are logged in, take a few moments to review your ASN Member Profile. You can even renew your dues and manage other transactions online. We are very excited about this enhancement for our members! We welcome your feedback as we transition to the New ASN Member Portal. Please contact the ASN Membership Department at mem@nutrition.org or +1-240-428-3619 or 3640.



Nutrition 2018 On Demand

If you missed Nutrition 2018, or attended a session you'd like to see again, you're in luck! Nutrition 2018 session content is available now on [ASN on Demand](#) for purchase.

If you signed up for ASN on Demand at registration, 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.



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[ASN NutriLink](#) is the ASN members-only community forum. Post discussions, browse resource files, and search for a mentor - all in one place! It is also **home for all RIS and Council communities**. ASN NutriLink is the official way for RIS leaders to communicate

ASN Journal Highlights



Current Issue

The American Journal of Clinical Nutrition (AJCN)

October 2018, 108(4)

Featured Articles:

- **Does adaptive thermogenesis contribute to risk of weight regain?** Sustained weight loss may not result in substantial, disproportionately low Resting Energy Expenditure. Ostendorf DM, Melanson EL, Caldwell AE, Creasy SA, Pan A, MacLean PS, Wyatt HR, Hill JO, Catenacci VA. [No consistent evidence of a disproportionately low resting energy expenditure in long-term successful weight loss maintainers](#). *Amer J Clin Nutr* 108(4):658-66.
- **Can genetic variation explain physiological response to starchy foods?** The number of copies of the salivary amylase gene influences the rate of starch digestion and glycemic responses after consumption of starchy foods. Atkinson FS, Hancock D, Petocz P, Brand-Miller JC. [The physiologic and phenotypic significance of variation in human amylase gene copy number](#). *Amer J Clin Nutr* 108(4):737-48.
- **Dairy fat consumed in the matrix of cheese does not appear to adversely affect blood lipoprotein cholesterol.** Fats sequestered within the matrix of cheese can significantly lower plasma cholesterol levels compared with the same components eaten within different food matrices. Feeney EL, Barron R, Dible V, Hamilton Z, Power Y, Tanner L, Flynn C, Bouchier P, Beresford T, Noronha N, Gibney ER. [Dairy matrix effects: response to consumption of dairy fat differs when eaten within the cheese matrix – a randomized controlled trial](#). *Amer J Clin Nutr* 108(4):667-74.
- **Autistic traits, autism spectrum disorder, and food neophobia: Is there an association?** Wallace GL, Llewellyn C, Fildes A, Ronald A. Early emergence of Food Neophobia behaviors and their linkage to autistic traits may impact health outcomes such as body weight. [Autism spectrum disorder and food neophobia: clinical and subclinical links](#). *Amer J Clin Nutr* 108(4):701-7.



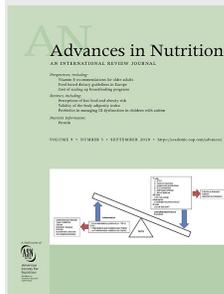
Current Issue

The Journal of Nutrition (JN)

November 2018, 148(11)

Featured Articles:

- **Can different types of dietary fats influence long-term weight change?** A study examined associations between intake of different types of fat and long-term weight change in US women and men from three independent prospective cohort studies. Liu X, Li Y, Tobias DK, Wang DD, Manson JE, Willett WC, Hu FB. [Changes in Types of Dietary Fats Influence Long-term Weight Change in US Women and Men](#). *J Nutr* 2018 148(11):1821-29.
- **Can lowering saturated fat and increasing vegetable and fruit intake improve insulin sensitivity in children with a parental history of obesity?** A study examined whether macronutrients and food groups are longitudinally associated with insulin sensitivity and secretion over a two year period in children with a parental history of obesity, and whether associations differ by level of adiposity. Van Hulst A, Paradis G, Harnois-Leblanc S, Benedetti A, Drapeau V, Henderson M. [Lowering Saturated Fat and Increasing Vegetable and Fruit Intake May Increase Insulin Sensitivity 2 Years Later in Children with a Family History of Obesity](#). *J Nutr* 2018 148(11):1838-44.
- **Can dietary protein supplementation enhance the benefits of resistance training for older, healthy men?** A study investigated whether protein supplementation after exercise and before sleep augments muscle mass and strength gains during resistance exercise training in older adults. Holwerda AM, Overkamp M, Paulussen KJM, Smeets JSJ, van Kranenburg J, Backx EMP, Gijsen AP, Goessens JPB, Verdijk LB, van Loon LJC. [Protein Supplementation after Exercise and before Sleep Does Not Further Augment Muscle Mass and Strength Gains during Resistance](#)



Advances in Nutrition (AN)

November 2018, 9(6)

Featured Articles:

- **Does Eating Breakfast Help You Better Manage Your Weight?** Review finds much depends on what you eat for breakfast. Will skipping breakfast more likely lead to weight gain or weight loss? There is no simple answer. Gwin JA, Leidy HJ. [A Review of the Evidence Surrounding the Effects of Breakfast Consumption on Mechanisms of Weight Management](#). *Adv Nutr* 9(6):Advance Article.
- **Is There a Link Between Gluten and Schizophrenia?** Can diet play a role in the treatment of schizophrenia? This scientific review suggests that this is an area of nutrition research that merits further investigation. According to the authors, "several lines of evidence have identified an intriguing link between ingestion of wheat gluten and symptoms of schizophrenia." Levinta A, Mukovozov I, Tsoutsoulas C. [Use of a Gluten-Free Diet in Schizophrenia: A Systematic Review](#). *Adv Nutr* 9(6):Advance Article.

Current Issue



Current Developments in Nutrition (CDN)

October 2018, 2(10)

Featured Article:

- There are many effective nutrition interventions designed for women; however, [Fox et al.](#) point out these interventions largely target women who are pregnant and lactating or with young children. The authors conclude that this imbalance "fails to address the interrelation and compounding nature of nutritional disadvantages that are perpetuated across many women's lives. In order for policies and interventions to more effectively address inequities faced by women, and not only women as mothers, it is essential that they reflect how, when, and where to engage with women across the life course." [Who is the Woman in Women's Nutrition? A Narrative Review of Evidence and Actions to Support Women's Nutrition Throughout Life.](#)

Current Issue

Highlights from Other Journals

- [Association of Frequency of Organic Food Consumption With Cancer Risk: Findings From the NutriNet-Santé Prospective Cohort Study](#) [Baudry et al.] *JAMA Intern Med.*
- [Longer lactation duration is associated with decreased prevalence of non-alcoholic fatty liver disease in women](#) [Ajmera et al.] *J Hepatol.*
- [Albiglutide and cardiovascular outcomes in patients with type 2 diabetes and cardiovascular disease \(HarmonyOutcomes\): a double-blind, randomised placebo-controlled trial](#) [Hernandez et al.] *Lancet.*
- [Effect of the Children's Healthy Living Program on Young Child Overweight, Obesity, and Acanthosis Nigricans in the US-Affiliated Pacific Region](#) [Novotny et al.] *JAMA Netw Open.*
- [Association between serum vitamin D levels and cardiorespiratory fitness in the adult population of the USA](#) [Marawan et al.] *Eur J Prev Cardiol.*

Important Dates

Nov 27-30

[42nd Nutrition Society of Australia \(NSA\) Annual Scientific Meeting](#) (Canberra, ACT, Australia)

Jan 12, 2019

[CNS Thematic Conference - Healthy Diets and Weight: Sorting Fact from Fiction](#) (Toronto, ON, Canada)

Mar 7-9, 2019

[6th International Conference on Nutrition and Growth](#)

(Valencia, Spain)

Jun 8-11,
2019



(Baltimore, MD)

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