



NUTRITIONnotes

YOUR MONTHLY MEMBER NEWSLETTER

ASN Nutrition Notes
Monthly Member
e-Newsletter

December
2018 Edition

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Mark Your Calendars! Nutrition 2019 Registration and Housing Open January 15

 American Society for Nutrition
Excellence in Nutrition Research and Practice
www.nutrition.org

NUTRITION  **2019**

Where the **Best** in Science & Health Meet

JUNE 8 - 11, 2019 | BALTIMORE, MARYLAND

[Nutrition 2019](#) will offer even more value to our attendees with the best, ground-breaking research in nutrition science, affordable registration fees, and even lower hotel rates.

ASN's Official Hotel block will offer a variety of hotels within walking distance of the Baltimore Convention Center. The hotels offer a range of amenities at rates from \$155 to \$239 per night. Make plans now to [register and book your hotel early](#) for the best rate and selection!

Be sure your membership is up-to-date by the end of the year. You will be prompted to log in with your membership credentials on the [Nutrition 2019 website](#) (your membership login is your ASN username and password). Once logged in, you will automatically receive the best available rate that your membership qualifies for.

Nutrition 2019			
	Early On or before March 15	Advance March 15 thru April 26	Full After April 26
MEMBER			
Member	\$440	\$500	\$625
Early Career	\$335	\$380	\$475
Emeritus	\$140	\$160	\$200
Student	\$100	\$120	\$150
1-Day Member	\$260	\$275	\$300
NON-MEMBER			
Non-Member	\$640	\$700	\$825
Non-Member PLUS Membership	\$665	\$725	\$850
Early Career*	\$410	\$460	\$575
Student*	\$140	\$160	\$200
1-Day Non-Member	\$360	\$375	\$400
EXHIBIT HALL			
Exhibit Pass	\$280	\$325	\$410

*Verification Required

Beat the Holiday Rush - Submit Your Abstracts to Nutrition 2019 Today!

At ASN headquarters it's the most wonderful time of the year, as abstracts are coming in daily for Nutrition 2019. Thanks to all who have submitted their research to date!

A few things to keep in mind:

- Students and early career professionals: apply for up to \$1,000 in travel support through the [Nutrition 2019/FASEB DREAM Mentored Travel Awards](#). Submit your abstract by January 18 and complete the award application by April 15 to be considered.
- [Numerous other travel award opportunities are available.](#)
- With the exception of abstracts submitted for protocols and methods (category 086), all abstracts must include study results. Please note that omission of study results may result in a rejected abstract.
- New this year, abstracts for case studies and clinical vignettes (category 050) are being accepted. These offer a means of disseminating new knowledge gained from clinical practice. It can address an unusual condition, a complication of a known disease, an unusual side effect or adverse response to a mode of treatment, or a new approach to a condition. For instructions, see the [Abstract Submission Guidelines and Instructions](#).
- Accepted abstracts will be published in *Current Developments in Nutrition*, ASN's open access journal.
- **There is no late-breaking round of submissions.** Submit your research by January 18 to present at Nutrition 2019.

Please visit the [Nutrition 2019 abstract submission website](#) for more details.

Get ready to share your science at Nutrition 2019 and submit your abstract by January 18, 2019!

**When You GIVE BACK to
Your Professional Home...**



...you support the **future of nutrition science and practice**. Please consider making an end-of-year donation to the **ASN Foundation**. Your contribution makes a difference in providing financial awards, scholarships, education, and more. General donations are needed and welcomed; however, two new opportunities for giving have been added for 2018:

Dennis Bier, MD Endowment (NEW for 2018!)

Donations to this new 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 to continue to train early career journal editors on the importance of adherence to evidence-based science in the field of nutrition – an important legacy that Dr. Bier has worked diligently to build.

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

ASN Foundation Predoctoral Fellowships for Students in Nutrition Research

Applications for the [2019 ASN Foundation Predoctoral Fellowships](#) are currently being accepted. To apply, please complete and submit all application materials by **March 1, 2019**.

- Eligibility is based upon membership in the ASN and enrollment in a U.S. graduate program in nutrition.
- Grants range from \$2,000 to \$5,000.
- [Application materials](#) are available online.
- Awards will be presented at Nutrition 2019 in Baltimore, Maryland.
- Contact [Michelle Crispino](#) with any questions.

Call for Applications: 2019 ASN Science Policy Fellowships

ASN is now accepting application packets for the [2019 ASN Science Policy Fellowship](#). ASN will offer 2 Science Policy Fellowships in 2019 for advanced graduate students, early professionals, postdoctoral trainees, or medical interns, residents, or fellows. ASN Science Policy Fellows gain an enhanced perspective on public policy issues related to nutrition, including an expanded understanding of current nutrition policy issues and initiatives.

The deadline to submit [application packets](#) is **Monday, December 17, 2018**. Please send completed application packets as well as any questions regarding the Fellowship to sohlhorst@nutrition.org.



ASN Health & Policy News

Call for ASN Blogger Applications

[Apply](#) today to blog for ASN! ASN is currently accepting applications for the 2019–2020 class of bloggers. Selected bloggers will serve from March 2019–March 2020. [Applications](#) are due by **Monday, January 7, 2019**. Applicants will be notified by March 1, 2019 regarding their application status. Visit the ASN blog to learn about recent styles of writing and read recent entries. Please send any questions to sohlhorst@nutrition.org.

ASN Video Competition! *Understanding Nutritional Science*

ASN wants to showcase your video highlighting the importance of nutrition research! Enter the [Understanding Nutritional Science video competition](#) by creating a short video (2 minutes or less) that explains the important nutrition research you conduct and how it benefits public health. Open to ASN members only! Deadline to enter is **Thursday, February 28, 2019**. Prizes will be awarded! The first place individual / team (of up to 5 individuals) wins one-year membership to ASN and free registration to [Nutrition 2019!](#) Learn more [here](#).

2019 Food Policy Impact

The American Society for Nutrition, Institute of Food Technologists (IFT) DC Section, and IFT Food Laws and Regulations Division will sponsor the 2019 [Food Policy Impact](#) conference in Washington,

More ASN Policy News

Implementation Science in *CDN*

During the past decade, the global nutrition community has highlighted the need for policy makers to receive guidance on implementing evidence-based, large-scale, cost-effective nutrition programs. Finding ways to meet this need is crucial for a country's ability to protect and improve the nutritional status, health, and well-being of vulnerable populations locally and globally.

For these reasons the editorial leadership of *CDN* has placed a high priority on publishing quality research studies involving implementation science. The [Implementation Science Collection](#) on the *CDN* website showcases that research.



Click to explore the articles now

ASN Foundation Announces New Herbalife Nutrition Scholarship

ASN announced a new partnership with Herbalife Nutrition to award an annual education scholarship to a promising student seeking an advanced degree in nutrition or related field.

We know dietitians are on the front lines of teaching consumers about the principles of healthy eating and, thus, have directed this scholarship program to Registered Dietitians (RD) or those intending to become an RD.

For 2019, applicants must reside in the United States and be accepted/enrolled in a post-baccalaureate MS, PhD, ScD, DCN, DrPH, or clinical health science graduate program.

The first scholarship will be presented at [Nutrition 2019](#), June 8 – 11, 2019 in Baltimore, MD, and the 2019 scholarship recipient will receive a complimentary registration to the meeting.

For more details about the award and to apply, [click here](#).

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
JOIN THE NUTRITION CONVERSATION

Visit ASN NutriLink

Visit ASN NutriLink today

[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 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](#) with any questions.



Current Issue

The American Journal of Clinical Nutrition (AJCN)

December 2018, 108(6)

Featured Articles:

- **Precision nutrition: a new approach to optimizing nutrient intervention.** Magnesium supplementation optimizes vitamin D status. Dai Q, Zhu X, Manson JE, Song Y, Li X, Franke AA, Costello RB, Rosanoff A, Nian H, Fan L, et al. [Magnesium status and supplementation influence vitamin D status and metabolism: results from a randomized trial.](#) *Am J Clin Nutr* 108(6):1249–58.
- **Vitamin D and kidney function: is there a connection?** Severe vitamin D deficiency can increase risk of impaired kidney function even in healthy adults. Jhee JH, Nam KH, An SY, Cha M-U, Lee M, Park S, Kim H, Yun H-R, Kee YK, Park JT, et al. [Severe vitamin D deficiency is a risk factor for renal hyperfiltration.](#) *Am J Clin Nutr* 108(6):1342–51.
- **Screening tools for malnutrition, sarcopenia, and cachexia: casting a wide net.** No single screening assessment tool differentiates causes related to unintentional weight loss. Miller J, Wells L, Nwulu U, Currow D, Johnson MJ, and Skipworth RJE. [Validated screening tools for the assessment of cachexia, sarcopenia, and malnutrition: a systematic review.](#) *Am J Clin Nutr* 108:1196–208.
- **Increasing intake of whole-grain wheat may help reduce liver fat.** Whole-grain wheat intervention exerts a protective effect against accumulation of fat in the liver. Schutte S, Esser D, Hoevenaars FPM, Hooiveld GJEJ, Priebe MG, Vonk RJ, Wopereis S, and Afman LA. [A 12-wk whole-grain wheat intervention protects against hepatic fat: the Graandioos study, a randomized trial in overweight subjects.](#) *Am J Clin Nutr* 108:1264–74.



Current Issue

The Journal of Nutrition (JN)

December 2018, 148(12)

Featured Articles:

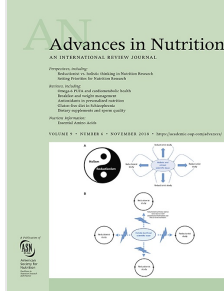
- **Dietary fiber may help to reduce risk of painful osteoarthritis in the knee.** A study investigated the extent to which BMI and inflammation influenced the relation between dietary fiber and symptomatic knee osteoarthritis. Dai Z, Jafarzadeh SR, Niu J, Felson TF, Jacques PF, Li S, Zhang Y. [Body mass index mediates the association between dietary fiber and symptomatic knee osteoarthritis in the Osteoarthritis Initiative and the Framingham Osteoarthritis Study.](#) *J Nutr* 2018;148:1961–67.
- **Improved vitamin A status during pregnancy found to boost immunologic protection.** Maternal vitamin A supplementation at the recommended level of intake during pregnancy and infant immune response to influenza vaccine were investigated. Ahmad SM, Alam Md J, Khanam A, Rashid M, Islam S, Kabir Y, Raqib R, Steinhoff MC. [Vitamin A supplementation during pregnancy enhances pandemic H1N1 vaccine response in mothers, but enhancement of transplacental antibody transfer may depend on when mothers are vaccinated during pregnancy.](#) *J Nutr* 2018;148:1968–75.
- **Dementia prevention: moving beyond a single-nutrient approach.** A study evaluated the association between intakes of unsaturated fatty acids, cognitive performance, and a possible modulating role of antioxidant supplementation. Assmann KE, Adjibade M, Hercberg S, Galan P, Kesse-Guyot E. [Unsaturated fatty acid intakes during midlife are positively associated with later cognitive function in older adults with modulating effects of antioxidant supplementation.](#) *J Nutr* 2018;148:1938–45.

Advances in Nutrition (AN)

November 2018, 9(6)

Featured Articles:

- **Does reductionist nutrition harm more than it helps?** [Fardet et al.](#) argue that a reductionist nutrition research, which focuses on



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individual nutrients and food groups, has led to confusion among both nutrition researchers and general consumers. In response, the authors “propose 3 holistic golden rules based on scientific evidence to protect human health, animal welfare, and the environment.”

Fardet A, Rock E. [Reductionist Nutrition Research Has Meaning Only within the Framework of Holistic and Ethical Thinking](#). *Adv Nutr* 9(6):655–70.

- **Will customized antioxidant supplements become the new wave in personalized nutrition?** [Margaritelis et al.](#) believe that may happen, concluding that “personally tailored antioxidant interventions based on specific antioxidant inadequacies or deficiencies could result in improved exercise performance accompanied by consistent alterations in redox profile.” Margaritelis NV, Paschalis V, Theodorou AA, Kyparos A, Nikolaidis MG. [Antioxidants in Personalized Nutrition and Exercise](#). *Adv Nutr* 9(6):813–23.



Current Issue

Current Developments in Nutrition (CDN)

December 2018, 2(12)

Featured Article:

- Meta-analyses have compared the nutrient content of organic foods to nonorganic foods; however, the impacts of such variations on human nutritional biomarkers still need to be assessed. To fill this research gap, [Baudry et al.](#) compared the nutritional status of organic food consumers to that of nonorganic food consumers. The results of the study suggest “that a high consumption of organic foods, compared to very low consumption, modulates, to some extent, the nutritional status of individuals with similar dietary patterns.” Further research is needed to evaluate the clinical relevance of such differences. [Some Differences in Nutritional Biomarkers Are Detected Between Consumers and Nonconsumers of Organic Foods: Findings from the BioNutriNet Project](#)

Highlights from Other Journals

- [AR101 Oral Immunotherapy for Peanut Allergy](#) [PALISADE Group of Clinical Investigators]. *NEJM*.
- [Assessment of Risk Factors and Biomarkers Associated With Risk of Cardiovascular Disease Among Women Consuming a Mediterranean Diet](#) [Ahmad et al.] *JAMA Netw Open*.
- [Optimising swaps to reduce the salt content of food purchases in a virtual online supermarket: A randomised controlled trial](#) [Payne Riches et al.] *Appetite*.
- [Exploring the link between metabolic syndrome and risk of dysmobility syndrome in elderly population](#) [Chen et al.] *PLoS One*.
- [The effect of Chinese famine exposure in early life on dietary patterns and chronic diseases of adults](#) [Zhou et al.] *Public Health Nutr*.
- [Insects as sources of iron and zinc in human nutrition](#) [Mwangi et al.] *Nutr Res Rev*.

Important Dates

Jan 8-13,
2019

[2019 ILSI Annual Meeting & Science Symposium](#)

(Clearwater, FL)

Jan 12, 2019

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

(Toronto, ON, Canada)

Feb 27-Mar 2,
2019

[4th International Congress Hidden Hunger](#)

(Stuttgart, Germany)

Mar 7-9, 2019

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

(Valencia, Spain)

Jun 8-11,
2019

NUTRITION  **2019**

(Baltimore, MD)

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