



NUTRITION notes

YOUR MONTHLY MEMBER NEWSLETTER

ASN Nutrition Notes
Monthly Member
e-Newsletter

January 2019
Edition

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

- Registration to Nutrition 2019 Now Open!
- Present Your Science at Nutrition 2019
- Nutrition 2019 Travel Awards
- Thank you from the ASN Foundation
- Herbalife Nutrition Scholarship
- ASN Foundation Honors Denny Bier
- Christopher Duggan Named New Editor of AJCN for 2019
- "Ensuring Trust in Nutrition Science" Update
- ASN Health and Policy News
- Call for Feedback on Proposed Bylaws

Nutrition 2019 Registration

Get ready! Registration and housing for Nutrition 2019 are now [OPEN!](#)

[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 offers a variety of hotels within walking distance of the Baltimore Convention Center. The hotels include 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! 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

SHARE YOUR SCIENCE

with the greatest minds in nutrition.



American Society for Nutrition
Advancing the Science of Nutrition Research and Practice

NUTRITION 2019

Where the Best in Science & Health Meet

JUNE 8 - 11, 2019
BALTIMORE, MARYLAND

**Deadline for abstracts:
January 18, 2019**

Nutrition.org/N19
#Nutrition2019

Present Your Science at Nutrition 2019!

Don't miss out on the opportunity to present your work at Nutrition 2019! The Nutrition 2019 abstract submission deadline is **January 18** and we hope to see you and your science at the meeting! Please note that there *will not* be a late-breaking round for abstract submissions.

As a Nutrition 2019 abstract presenter, you will:

- Share your research with the greatest minds in nutrition science
- Network with peers in academia, industry, and government
- Have your work published in an ASN journal
- Be eligible for travel awards and scholarships

Students and young investigators! As an ASN member, you are eligible to apply for award competition and travel funding opportunities during abstract submission! For more information and eligibility details, please [click here](#).

New this year! Abstracts for case studies and clinical vignettes (category 050) are being **accepted**. This abstract category offers a means of disseminating new knowledge gained from clinical practice. Such abstracts 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](#).

Submit Your Abstract

Message to US Government Researchers and Collaborators:

ASN is aware that the U.S. government shutdown is preventing Nutrition 2019 abstract submission by furloughed scientists and others requiring federal government input, review and approval.

As the January 18 abstract submission deadline approaches, ASN wants to reassure you that we will make accommodations to accept late abstracts from those affected by the shutdown. We are monitoring the situation and identifying the best processes to handle delays in submissions.

It is essential that your research is shared with the nutrition community and we want you with us at Nutrition 2019 in Baltimore, MD, June 8-11, 2019. Contact education@nutrition.org with any questions and please continue to check <http://www.nutrition.org/n19> for updates.



Nutrition 2019 Travel Awards

Are you a student or early career professional? The **Nutrition 2019**/FASEB “Diversity Resources for Enrichment, Access & Mentoring” (DREAM) Mentored (formerly called MARC) Travel Award offers up to \$1000 in travel support. For full eligibility details, please [click here](#).

To be considered, you must:

- Meet the [eligibility guidelines](#)
- **Submit an abstract by January 18**
- **Complete the application by April 15**

Numerous other travel award opportunities are available. [Click here](#) for more information!

We'll See You in the Hub!

ASN Welcomes these **Nutrition 2019** Exhibitors:

- Alive and Thrive
- American Pulse Association
- ASPEN
- Columbus Instruments
- Council for Biotechnology Information
- DanoneWave
- Elsevier
- Envigo
- GI Labs
- Krager Publishers
- KGK Science
- Merieux NutriSciences
- National Collaborative on Childhood Obesity Research
- Nestle Nutrition
- Nutrition.gov
- Oley Foundation
- Oxford University Press
- RB-Health Hygiene Home
- Real Food Blends
- Research Diets
- University of North Florida



NUTRITION 2019

Want to learn more about joining this list as a Nutrition 2019 exhibitor? Know of an emerging technology or service, nutrition-related company, laboratory product, commodity board, non-profit, publisher, or university who should have a booth but isn't listed above? Share our information with your colleagues or contact us via email at exhibits@nutrition.org or by phone at 301-200-4616, ext. 105. Click [here to visit our website](#).



THANK YOU from the ASN Foundation!

The Board of the ASN Foundation extends its gratitude to all the generous donors who contributed to our 2018 Annual Giving Campaign. Your support truly makes a difference! If you missed the opportunity to make your annual charitable donation, please don't hesitate to consider making a gift at any point throughout the year. [Click here for more information](#) about the work of the ASN Foundation and how your annual contributions support our many impactful programs.

Interested in learning more about including the ASN Foundation in your Will, Trust or Estate Plan? [Visit our website](#) or [send us an email](#) to schedule a convenient time to speak with the ASN Foundation staff.

It's a simple way to make an impact and leave a lasting legacy with your professional home while helping take care of yourself and your loved ones.

[DONATE 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](#).

ASN Foundation Creates Endowment to Honor Dennis Bier, MD

In January 2019, Dennis Bier, MD is retiring as Editor-in-Chief of *The American Journal of Clinical Nutrition* (AJCN), a position in which he has served with tremendous dedication and energy since July 2007. Dr. Bier's tenure as Editor of AJCN is the longest in the history of the Journal.

Established in 1952, AJCN is the highest-rated peer-reviewed journal in its category, with a 2017 Impact Factor of 6.549 and a standing in the top 5% of all journals included in the *Clarivate Analytic Journal Citation Reports*. A poll conducted by the Biomedical and Life Sciences Division of the Special Libraries Association identified the journal as among the "100 most influential journals over the last 100 years in medicine and biology."

Donations are currently being accepted to honor Dr. Bier's tremendous contributions through the establishment of an endowment to create a new position on the AJCN editorial board, the **Dennis Bier, MD Young Career Editor**. In this role, an early career scientist will gain invaluable experience in the scientific publication process and assist with the translation of journal content to various audiences.

Dr. Bier's commitment to evidence-based practice in nutrition was unrivaled, and this new endowment will extend his legacy to future generations. The Young Career Editor position is a fitting way to honor an Editor who genuinely sought input from others involved with the Journal's publication, encouraged new ways of thinking, and emphasized asking deeper questions and making decisions based on data (including new metrics). His tenure as Editor was also noteworthy for his emphasis on rigor and transparency (e.g., requiring reporting checklists and trial registration).

Click [here to make a contribution to the Dennis Bier, MD Endowment](#). 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.



Christopher P Duggan, MD Named as New Editor of AJCN

In late 2018, ASN selected Dr. Christopher Duggan, a 24-year faculty member in academic and clinical nutrition at Boston Children's Hospital, Harvard Medical School and Harvard TH Chan School of Public Health, as the new Editor-in-Chief of *The American Journal of Clinical Nutrition* (AJCN).

Duggan is currently Professor of Pediatrics at Harvard Medical School and a Professor in the

Departments of Nutrition and Global Health and Population at Harvard T.H. Chan School of Public Health. He has authored more than 300 research and review articles and has edited several books including [Nutrition in Pediatrics](#) and [Clinical Management of Intestinal Failure](#).

A longtime contributor to the Journal as both author and reviewer, Duggan is also a former recipient of the ASN Physician Nutrition Specialist Award and is board-certified by both the National Board of Physician Nutrition Specialists and the American Board of Pediatrics (Gastroenterology). Alongside his research in pediatric nutritional and gastrointestinal diseases, Duggan runs a large Center for Nutrition at Boston Children's Hospital, directing a staff of 77 and teaches at the undergraduate, graduate, and postdoctoral level at Harvard. He will begin a five-year term on February 1, 2019, supported by a team of Associate Editors whose selections are being finalized.

"Ensuring Trust in Nutrition Science" Update

ASN is committed to ensuring transparency and objectivity in our practices as a Society, as well as in the entire field of nutrition science. Now we need your help! In 2016, ASN commissioned an independent "**Blue Ribbon Panel**" to review the state of trust in nutrition science and to provide recommendations for working collaboratively across sectors and disciplines, while maintaining transparency and scientific rigor in nutrition science, to uphold the trust of all stakeholders.

The Panel's report "Best Practices in Nutrition Science to Earn and Keep the Public's Trust" and its recommendations, based on a comprehensive literature review, will be published on **Friday, January 18**, followed by a stakeholder input period. We'd like your help in determining ASN's path forward in responding to the Panel's recommendations and determining which, if any, should be implemented. The full report will be available online in *AJCN's* Advance Access section, and then will appear in the January 2019 issue. In the meantime, audio from a Nutrition 2018 presentation on this topic is available on [ASN on Demand](#).



ASN Health & Policy News

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 a one-year membership to ASN and free registration to [Nutrition 2019](#)! Learn more [here](#).

Student Scholarships Available for Food Policy Impact

We're less than one month away from the 2019 [Food Policy Impact](#), co-hosted by ASN and the Washington DC Section of the Institute of Food Technologists (IFT) (**February 11-12, 2019; 1717 K Street NW, Washington, DC 20006**). Space is filling up fast! [Reserve your spot today!](#) The 1.5-day conference showcases presentations from government officials and others in the regulatory space on relevant food laws, regulations and policy initiatives important to nutrition science and policy.

Up to 20 local students interested in nutrition policy can receive scholarships to cover their registration fees! Students interested in this opportunity should email their resume along with a brief cover letter describing their interest in Food Policy Impact to [Allison Cooke](#), Director, Food Policy at the Corn Refiners Association by **Friday, January 18, 2019** with the subject line "2019 IFT Food Policy Impact Student Registration." CRA will confirm the students who will receive registration support no later than January 25, 2019.

[More ASN Policy News](#)

ASN Predoctoral Fellowships for Students in Nutrition Research

Deadline for Applications: **March 1, 2019**

Applications for the 2018 ASN Predoctoral Fellowships are currently being accepted. All application materials must be submitted by the deadline.

- Eligibility is based upon ASN membership and enrollment in a U.S. graduate program in nutrition.
- Grants range from \$2,000 - \$5,000.
- Awards will be presented at Nutrition 2019 in Baltimore, Maryland
- [Details and Application Form](#)
- Questions? Contact Michelle Crispino by e-mail at awards@nutrition.org.

Call for Feedback on Proposed Bylaws

As we enter 2019 and begin our journey to **ASN 2028**, ASN's new strategic vision to our 100th anniversary of our Society, we are updating our governance structure. The proposed changes to our Bylaws can now be [downloaded from our website](#), and members can [leave feedback and any suggestions for improvement](#). The feedback period ends **February 15, 2019**.



ASN on Demand

Visit ASN on Demand

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.



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.

ASN Journal Highlights



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,



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.



Current Issue

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 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 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

Highlights from Other Journals

- [Marine n-3 Fatty Acids and Prevention of Cardiovascular Disease and Cancer](#) [Manson et al.] *NEJM*.
- [Supplements with purported effects on muscle mass and strength](#) [Valenzuela et al.] *Eur J Nutr*.
- [Calorie information and dieting status modulate reward and control activation during the evaluation of food images](#) [Courtney et al.] *PLoS ONE*.
- [Food Intake Recruits Orosensory and Post-ingestive Dopaminergic Circuits to Affect Eating Desire in Humans](#) [Thanarajah et al.] *Cell Metab*.
- [The effect of screen advertising on children's dietary intake: A systematic review and meta-analysis](#) [Crocker and Viner] *Obes Res*.

Important Dates

Feb 27-Mar 2

[4th International Congress Hidden Hunger](#) (Stuttgart, Germany)

Mar 7-9

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

Mar 10-14

[58th Annual Meeting & ToxExpo](#) (Baltimore, MD)

Mar 20-22

[XV International Magnesium Symposium](#) (Bethesda, MD)

Jun 8-11

NUTRITION  **2019** (Baltimore, MD)

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