



NUTRITION notes

YOUR MONTHLY MEMBER NEWSLETTER

ASN Nutrition Notes
Monthly Member
e-Newsletter

July 2019
Edition

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

- Welcome New ASN President, Dr. Richard Mattes
- **Nutrition 2019** Sessions Now Available On Demand
- Claim Your **Nutrition 2019** CE, CME, Certificate of Attendance
- Call for **Nutrition 2020** Session Topics
- Health and Nutrition Policy Updates
- ASN Journal Highlights
- Highlights from Other Journals

Welcome ASN President, Richard Mattes, MPH, PhD, RD

Dr. Richard Mattes began his one-year term as ASN President on July 1, 2019, taking over for Dr. Catherine J. Field who remains on ASN's Board of Directors. Dr. Mattes outlined his priorities for the next year in a presentation to the full ASN Board, including the implementation of **ASN 2028** by moving forward with initial operational plans and building momentum for future phases to bring ASN to our 100th Anniversary.

Dr. Mattes' agenda also includes the continued elevation of ASN's four journals; expanding the translation of nutrition science to a wider audience; increasing partnerships and outreach to new stakeholders; rolling out broadened membership categories; and advocating for increased research funding for nutrition.

"It is my honor to serve the American Society for Nutrition, its members, and the scientific community for which this organization has advocated for over 90 years," said Dr. Mattes. "ASN has always been an invaluable resource and a primary means for keeping current with the advancing science. We now have the opportunity to guide the discussion on nutrition topics and controversies through advocacy activities and organized efforts to define the state of the science as we prepare for ASN's next century of leadership."



Dr. Mattes is a Distinguished Professor of Nutrition Science and Head of the Department of Public Health and Director of the Ingestive Behavior Research Center, and the Director of Purdue's Public Health Graduate Program at Purdue University, an Adjunct Associate Professor of Medicine at the Indiana University School of Medicine, and an Affiliated Scientist at the Monell Chemical Senses Center. He has served ASN as Associate Editor for *AJCN*, member of the Strategic Oversight Committee, and just finished his term as ASN Vice President. He is one of the 20 nationally recognized health and nutrition experts appointed to serve on the 2020 Dietary Guidelines Advisory Committee



ASN on Demand

Nutrition 2019 Sessions Now Available On Demand

Missed Nutrition 2019, or attended a session you'd like to see again? You're in luck! Nutrition 2019 session content is available now on [ASN on Demand](#) for purchase.

If you pre-ordered, 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.

Nutrition 2019 CE, CME and Certificate of Attendance

Nutrition 2019 Certificate of Attendance

- Please [click here](#) to access your certificate of attendance for **Nutrition 2019**. Certificates may be printed or emailed directly from the website. All verified attendees are eligible to receive a certificate of attendance. Please note that a certificate of attendance verifies your attendance/participation in the conference but does not indicate any continuing education available for the activity.

Print Certificate of Attendance!

*Note: This site will be accessible to **Nutrition 2019** attendees through **August 9, 2019**. Requests for certificates of attendance after this date must be submitted to meetings@nutrition.org.

Continuing Education/ Accreditation

- For CPE, [click here](#) to fill out the survey. Dietitians must complete a session evaluation to receive Continuing Professional Education credit.
- For CME, all physicians should have received an attestation and evaluation by email from Eastern Virginia Medical School.
- Details are available at <https://meeting.nutrition.org/program/#ce>

Mark Your Calendar for **Nutrition 2020!**

Learn More & Share Ideas



Call for Session Topics: Tell Us What You'd Like to See at Nutrition 2020

We are currently seeking great content ideas for consideration for the scientific program for [Nutrition 2020](#), May 30-June 2 in Seattle, WA. The Program Committee will utilize a blended model for planning, identifying sessions based on topic submissions as well as proactively curating session content.

Please tell us what you would like to see on the program. In particular, we would love your thoughts on:

- Contemporary topics that address new scientific frontiers
- Cutting-edge advances that have shared interest among ASN's multidisciplinary audience
- New innovations in nutrition science and practice
- Controversies in the field of nutrition

[Submit your session ideas](#) today! Deadline for submissions: August 30.



Health & Nutrition Policy Updates

ASN Provides Multiple Science Policy Comments in July
ASN recently submitted comments to the U.S. Food and Drug Administration (FDA) on [Responsible Innovation in Dietary Supplements](#), as well as [Scientific Data and Information About Products Containing Cannabis or Cannabis-derived Compounds](#).

FDA held public hearings on these topics in May 2019, and all electronic and written comments on the topics were due on July 15 and 16, respectively (following an extension for comments related to cannabis in products from July 2 to July 16).

ASN also provided [oral comments](#) at the [July 10-11 meeting of the 2020 Dietary Guidelines Advisory Committee](#).

Please reach out to [Sarah Ohlhorst](#), MS, RD, Senior Director of Advocacy and Science Policy, with any questions you may have.

Registration Open for Medical Foods Workshop

The Healthcare Nutrition Council in partnership with ASN has opened registration for an August 13-14, 2019 Medical Foods Workshop: Science, Regulation and Practical Aspects. Find more information on the workshop agenda and register [online](#). Experts will discuss the current medical foods and foods for special dietary uses space; the National Academies of Sciences, Engineering and Medicine workshop that laid the groundwork for this dialogue, patient access to medical foods and nutrition therapies, and more. This meeting will be held at Covington & Burling LLP, One CityCenter, 850 Tenth Street NW, Washington, DC. Register before August 6, 2019.

View the latest [ASN Health and Nutrition Policy Newsletter](#) for additional policy-related information.



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)

July 2019, 110(1)

Editor's Choice Articles:

- **Zinc supplementation may have clinical potential as an adjunct therapy for preventing or managing diabetes.** This analysis revealed that several key glycemic indicators are significantly reduced by zinc supplementation, particularly the FG in subjects with diabetes and in subjects who received an inorganic zinc supplement. Wang X, Wu W, Zheng W, Fang X, Chen L, Rink L, Min J, Wang F. [Zinc supplementation improves glycemic control for diabetes prevention and management: a systematic review and meta-analysis of randomized controlled trials](#). *Amer J Clin Nutr* 2019;110(1): 76-90.
- **Effectiveness of a simple relaxation intervention for improving maternal and infant outcomes.** Study identifies some potential signaling mechanisms for investigation in future and larger studies, especially in settings where mothers are more stressed, such as those with preterm or low birth weight infants. Husna N, Shukri M, Wells J, Eaton S, Mukhtar F, Petelin A, Jenko-Pražnikar Z, Fewtrell M. [Randomized controlled trial investigating the effects of a breastfeeding relaxation intervention on maternal psychological state, breast milk outcomes, and infant behavior and growth](#). *Amer J Clin Nutr* 2019;110(1):121-30.

The Journal of Nutrition (JN)

July 2019, 149(7)

Editor's Choice Articles:

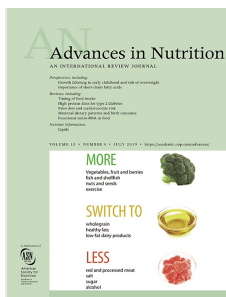
- **Galactose consumption after weaning has beneficial metabolic effects in female mice.** A study addressing the question of whether extended galactose consumption, as occurs with prolonged breast



Current Issue

feeding, would affect long term metabolic health. Bouwman LMS, Fernández-Calleja JMS, van der Stelt I, Oosting A, Keijzer J, van Schothorst EM. [Replacing part of glucose with galactose in the postweaning diet protects female but not male mice from high-fat diet-induced adiposity in later life](#). *J Nutr* 149(7):1140-48,

- **Nutrient intakes among US infants, toddlers and young children are generally adequate but some nutrients remain elevated or depressed.** A study designed to understand the impact of these recommended changes on nutritional adequacy of infants and young children. Eldridge AL, Catellier DJ, Hampton JC, Dwyer JT, Bailey RL. [Trends in mean nutrient intakes of US infants, toddlers, and young children from 3 feeding infants and toddlers studies \(FITS\)](#). *J Nutr* 149 (7): 1230-37.
- **Relatively few adults in low- and middle-income countries consume the recommended servings of fruits and vegetables.** An analysis conducted to determine the proportion of individuals meeting the WHO recommendations and to evaluate the socioeconomic factors that could be contributing to these results. Frank SM, Webster J, McKenzie B, Geldsetzer P, Manne-Goehler J, Andall-Breton G, Houehanou C, Houinato D, Gurung MS, Bicaba BW, McClure RW, Supiyev A, Zhumadilov Z, Stokes A, Labadarios D, Sibai AM, Norov B, Aryal KK, Karki KB, Kagaruki GB, Mayige MT, Martins JS, Atun R, Bärnighausen T, Vollmer S, Jaacks LM. [Consumption of fruits and vegetables among individuals 15 years and older in 28 low- and middle-income countries](#). *J Nutr* 149(7) 1252-59.



Current Issue

Advances in Nutrition (AN)

July 2019, 10(4)

Featured Articles:

- Food manufacturers tout the health benefits of almonds, but what does science say? “Almond consumption may reduce the risk of cardiovascular disease by improving blood lipids and by decreasing body weight and apolipoprotein B,” according to [Michelle A. Lee-Bravatti et al.](#) Nevertheless, “substantial heterogeneity in eligible studies regarding almond interventions and dosages precludes firmer conclusions.”
- In 2001, the WHO recommended exclusive breastfeeding for the first six months of life; however, concerns continue to be raised about the feasibility and safety of this recommendation. [Rafael Pérez-Escamilla et al.](#) found no evidence to support changes to the WHO’s public health recommendation on breastfeeding, “although variability in inter-infant developmental readiness is recognized.”



Current Issue

Current Developments in Nutrition (CDN)

July 2019, 3(7)

Featured Article:

- U.S. Dietary Guidelines recommend increasing whole-grain consumption; however, most Americans, especially low-income adults, fail to consume adequate amounts. In response, [Molika Chea et al.](#) set out to determine major factors that may affect whole-grain consumption among this population. Study participants were recruited from food pantries in the northeastern United States. According to the authors findings, “low-income adults’ ability to correctly identify whole-grain foods and having a perception that whole-grain foods are higher in cost may be the overarching barriers to consuming adequate amounts.” To boost whole grain consumption among this population, the authors believe “future efforts should focus on strategies improving identification and seeking affordable whole-grain foods.”

Highlights from Other Journals

- [Production-related contaminants \(pesticides, antibiotics and hormones\) in organic and conventionally produced milk samples sold in the USA](#) [Welsh JA et al.] *Public Health Nutr*
- [Effects of microbiota-directed foods in gnotobiotic animals and undernourished children](#) [Gehrig JL et al.] *Science*

- [The relationship between food label use and dietary intake in adults: A systematic review](#) [Anastasio K et al.] *Appetite*
- [Supplementation with *Akkermansia muciniphila* in overweight and obese human volunteers: a proof-of-concept exploratory study](#) [Depommier C et al.] *Nat Med*
- [From conception to infancy — early risk factors for childhood obesity](#) [Larque E et al.] *Nat Rev Endocrin*
- [Fruits, vegetables, and health: A comprehensive narrative, umbrella review of the science and recommendations for enhanced public policy to improve intake](#) [Wallace TC et al.] *Crit Rev Food Sci Nutr*

Important Dates

Jul 21-26

[Origins and Benefits of Biologically Active Components in Human Milk Conference](#) (West Palm Beach, FL)

Aug 4-7

[Asian Congress of Nutrition 2019](#) (Bali, Indonesia)

Sep 19-22

[14th China Nutrition Science Congress & 11th Asia Pacific Conference on Clinical Nutrition](#) (Nanjing, China)

Oct 15-18

[European Nutrition Conference 2019](#) (Dublin, Ireland)

Give Today - Support Tomorrow

Donate to support the next generation of nutrition scientists.

[Donate to the ASN Foundation](#)

Stay Connected with ASN



[Visit our website](#)