

NUTRITION

notes

YOUR MONTHLY MEMBER NEWSLETTER

ASN Nutrition Notes
Monthly Member
e-Newsletter

October 2019
Edition

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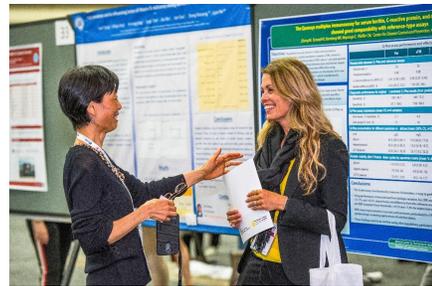
- Call for Abstracts for **Nutrition 2020**
- Opportunities to Exhibit at **Nutrition 2020**
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Nutrition 2020 Call for Abstracts Abstract Submission Now Open!

ASN welcomes the submission of original research in the form of abstracts for presentation at **Nutrition 2020**, ASN's flagship meeting, being held from May 30-June 2, 2020 in Seattle, WA.

Take advantage of this opportunity to:

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



Abstract submission deadline: January 31, 2020

Click the links below or visit <https://meeting.nutrition.org/abstracts> at any time for more information:

- [Nutrition 2020 Abstract Submission Website](#)
- [New This Year!](#) *An overview of changes making it easier to submit your work.*
- [Abstract Submission Guidelines and Instructions](#)
- [Primary Track / Primary Topical Area List](#)
- [Suggested Keywords List](#)
- [Award Competitions and Travel Funding Opportunities](#)

We look forward to seeing you and your science at **Nutrition 2020!**

Submit Your Abstract Now!

Save the Date for Nutrition 2020!

Fall has arrived and so has the planning for Nutrition 2020. Make plans now to join ASN and over 3,500 of your colleagues in Seattle, May 30 – June 2 as we advance nutrition research and practice. Now in its third year,

Nutrition 2020 will build on the momentum of Nutrition 2019 and the inaugural meeting in 2018. Seattle — with its culture of innovation and collaboration — is the perfect host city for the annual gathering of the nutrition community.



Where the Best in Science & Health Meet
MAY 30-JUNE 2, 2020 | WASHINGTON STATE CONVENTION CENTER, SEATTLE, WA

Nutrition 2020 will feature more than 100 sessions covering six tracks offering the latest science across the many areas of nutrition. Featured sessions, presentations of new, original research, award lectures, numerous workshops, interactive exhibits, alumni events, career development activities, networking opportunities, and the HUB Expo Hall make Nutrition 2020 the one meeting you do not want to miss.

Visit Nutrition.org/N20 for the latest information on **Nutrition 2020**
Follow us at [#Nutrition2020](https://twitter.com/Nutrition2020)

[Visit the Nutrition 2020 Website](#)

Make Plans Now to Exhibit at Nutrition 2020 in Seattle, WA!

The Nutrition 2020 Exhibitor and Supporter Prospectus is NOW AVAILABLE!

[CLICK HERE to learn more and select your booth today!](#)

Reserve your booth **before December 31, 2019** and **SAVE \$500** off the standard booth rate!



Any company or organization with an interest in the field of nutrition science or practice should plan to exhibit!

NEW! An Innovation Pavilion is also available for newly established companies and organizations to showcase entrepreneurship in nutrition science and practice!

[View the Nutrition 2020 Exhibit Floor Plan](#)

Last Chance to Nominate: Nutrition 2020 Awards & Fellows

The deadline to submit a nomination is **Friday, November 1, 2019**. Don't miss the opportunity to nominate a scientist, clinician or scholar today!

Each year, the ASN Foundation's awards program recognizes outstanding contributions to nutrition research, education and practice. Our awards span numerous areas of nutrition science, targeting both young and senior investigators.

Award winners and ASN Class of 2020 Fellows will be honored at Nutrition 2020. We look forward to celebrating these accomplishments with everyone May 30-June 2 in Seattle, WA! Please visit the [ASN Awards Portal](#) for more information and to submit a nomination.

[Click here](#) for more information on nominations for 2020 ASN Awards.

[Click here](#) for more information on nominations for ASN Class of 2020 Fellows.

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ASN on Demand

Nutrition 2019 Sessions Now Available on Demand

Missed Nutrition 2019, or attended a session you would like to see again? Content is available on <http://ondemand.nutrition.org/> for purchase.

For assistance email asnondemand@nutrition.org

When You GIVE BACK to Your Professional Home...



...you support the **future of nutrition science and practice**. As we enter the "Season of Giving" please consider making an end-of-year donation to your **ASN Foundation**. Your contribution makes a difference in allowing us to provide much needed financial awards, scholarships, recognition programs, education, and more. General donations are needed and welcomed.

Click [here to learn more about the ASN Foundation and giving options](#). All donations received **before December 31, 2019** are tax deductible to the full extent of the law and can be deducted from your taxes this calendar year. Donating takes only a few minutes of your time. Simply click on the link below to

DONATE NOW

ANDP-CFSA Joint Fall Meeting, October 21-23



The Joint Meeting of the Association of Nutrition Departments & Programs (ANDP) and the Council of Food Science Administrators (CFSA) took place October 22-24, 2019 at the University of California, Davis. The half-day ANDP meeting included

presentations and discussion on *Dietetics Programs – Trends & Future Outlook: Implications for Nutrition Departments* as well as a discussion of the preliminary results of the ANDP Chair Survey and the ANDP Business Meeting. Participants wrapped up the day with a tour of the Western Human Nutrition Research Center (WHNRC). The full day joint meeting with ANDP & CFSA included presentations and discussions on *Student Mentoring for Academic Success, Diversity in Academia and Science, Rapidly Changing Publishing Landscape, Scientific Ethics Consortium Overview, Faculty load expectations, Undergraduate and Graduate Student Recruitment, and a Challenges and Successes Session*. UC-Davis hosted dinner at the Robert Mondavi Institute for Wine and Food Science.

If you are a nutrition department head, program director or chair of not already affiliated with ANDP, [join now](https://www.andp.org). Contact ANDP@nutrition.org with any questions.

University of California-Davis



ASN Vice President Lindsay Allen, PhD Welcomes ANDP to USDA Western Regional Human Nutrition Research Center During ANDP-CFSA 2019 Joint Fall Meeting

ASN at the Federation of European Nutrition Societies (FENS 2019) Conference in Dublin, Ireland



ASN & IUNS Presidents



FENS Officers & ASN Staff



FENS ASN-Sponsored Session

ASN at the Korean Nutrition Society (KNS 2019) Conference in Seoul, Korea



KNS Officers & Guest Speakers



Plenary Session by ASN Member



ASN KNS Young Scientist Award

Health & Nutrition Policy Updates



Call for Applications: 2020 ASN Science Policy Fellowships

ASN is accepting applications for the [2020 ASN Science Policy Fellowship](#) through December 20th! ASN will offer two Science Policy Fellowships in 2020 for advanced graduate students, early professionals, postdoctoral trainees, or medical interns, residents, or fellows. ASN Science Policy Fellows, based at their home institution during the one-year Fellowship, 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 **Friday, December 20, 2019**. Please send completed application packets as well as any questions regarding the Fellowship to sohlhorst@nutrition.org.

ASN Understanding Nutritional Science Video Competition

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 **February 28, 2020**. 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 2020](#)! Learn more here: nutrition.org/contest

2020 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 2020 [Food Policy Impact](#) conference in Washington, DC on **February 10-11, 2020**. This meeting provides updates on the latest developments in food and nutrition laws, regulations and policy initiatives.

NIH Sensory Nutrition and Disease Workshop

Mark your calendar for an NIH Workshop on Sensory Nutrition and Diseases, Nov 12-13, 2019 at NIH Campus, Bethesda, MD.

Co-Chaired by ASN President, *Richard D. Mattes, Ph.D., M.P.H., R.D., Purdue University*, alongside *Danielle R. Reed, Ph.D., Monell Chemical Senses Center*, this workshop aims to:

- Understand both the hedonic pathways linked to tasting and sensing of food.
- Understand the physiological roles of chemosensory receptors and how these taste and smell sensors are involved in nutrition.

[Register](#) to join in person or by web-ex for the NIH Workshop on Sensory Nutrition and Diseases. Check out the full agenda and registration [here](#).

ASN Journal News

The American Journal of Clinical Nutrition Editor-in-Chief, Christopher P. Duggan, MD, MPH, is pleased to welcome Elena Volpi, MD, of the University of Texas Medical Branch, as Associate Editor for *The AJCN*. Dr. Volpi is an endocrinologist and will cover the area of nutrition and aging. She has extensive editorial experience, and has published and reviewed for ASN on numerous occasions. We are honored by her support of *The AJCN*.

Jack Odle, PhD, Editor of [Current Developments in Nutrition](#) (CDN), along with his Deputy Editors, are pleased to [announce the winners of CDN's 2019 Research Interest Section \(RIS\) Competition](#). [This competition](#) was designed to spearhead CDN's exciting new initiative of Special Collections. The collections will target topics of interest to the community of nutrition scholars, and gives CDN the agility to address new and emerging areas of nutrition scholarship. The collections will allow ASN to highlight these areas to the nutrition community at large via its exclusively open access journal.

Congratulations to the winners of the 2019 CDN RIS Competition, in alphabetical order:

- Carotenoid and Retinoid Interactive Group (CARIG)
- Climate/Environment, Health, Agriculture, and Improved Nutrition (CHAIN)
- Nutrient-Genes Interactions (NGI)

Advances in Nutrition is pleased to announce publication of the journal supplement, [6th Yogurt in Nutrition Initiative Summit: More than the Sum of its Parts](#).

Nutrition 2019 Highlights

Relive [Nutrition 2019](#) or see what you may have missed as 3,200 nutrition scientists, global health specialists and public policy experts gathered June 8-11 in Baltimore!



[Nutrition 2019 Highlight Video](#)

[Nutrition 2019 Photos](#)

[Nutrition 2019 Daily Post-Edition](#)

[Nutrition 2019 Abstracts](#)

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ASN NutriLink
JOIN THE NUTRITION CONVERSATION

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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 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)

October 2019, 110(4)

Selected Articles on Glycemic Index and Glycemic Load: What does the research tell us about disease risk?

- Saneei, Esmailzadeh and Shahdadian examined the role of dietary glycemic index and glycemic load in the incidence of deaths from all-causes and cardiovascular disease mortality in healthy and unhealthy adults. Shahdadian F, Saneei P, Milajerdi A, Esmailzadeh, A. [Dietary glycemic index, glycemic load and risk of mortality from all causes and cardiovascular diseases: A systematic review and dose-response meta-analysis of prospective cohort studies](#). *Amer J Clin Nutr* 2019; 110(4):921-37
- Chen and colleagues reviewed the effects of dietary glycemic index on established cardiometabolic risk factors such as fasting blood glucose, body weight, and blood lipids in patients with glucose intolerance. Zafar MI, Mills KE, Zheng J, Regmi A, Hu SQ, Gou L, Chen LL. [Low glycemic index diets as an intervention for diabetes: a systematic review and meta-analysis](#). *Amer J Clin Nutr* 2019; 110(4):891-902.
- A corresponding editorial by Willett, and Liu added insights to the complexities of these research findings in greater detail. Willett WC and Liu S. [Carbohydrate Quality and Health: Distilling Simple Truths from Complexity](#). *Amer J Clin Nutr* 2019; 110(4):803-4.

The Journal of Nutrition (JN)

October 2019, 149(10)



Current Issue

Selected Articles:

- **Dietary fiber: An integral component of a successful weight loss intervention.** This study provides new information that dietary fiber intake, independent of macronutrient and caloric intake, may help overcome these obstacles. Miketinas DC, Bray GA, Beyl RA, Ryan DH, Sacks FM, Champagne CM. [Fiber Intake Predicts Weight Loss and Dietary Adherence in Adults Consuming Calorie-Restricted Diets: The POUNDS Lost \(Preventing Overweight Using Novel Dietary Strategies\) Study.](#) *J Nutr* 149(10):1742–48.
- **Synbiotic pasta found to enhance the health of obese individuals with or without hyperglycemia.** This is the first study to investigate how a synbiotic pasta impacted not only the gut microbiota composition but also biomarkers of cardiometabolic health in a cohort consuming their habitual diets. Angelino D, Martina A, Rosi A, Veronesi L, Antonini M, Mennella H, Vitaglione P, Gioni S, Brighenti F, Zavaroni I, Fares C, Torriani S, Pellegrini N. [Glucose- and Lipid-Related Biomarkers Are Affected in Healthy Obese or Hyperglycemic Adults Consuming a Whole-Grain Pasta Enriched in Prebiotics and Probiotics: A 12-Week Randomized Control Trial.](#) *J Nutr* 149(10):1714–23.
- **Ebola virus disease: Can vitamin A supplementation lower overall mortality?** Because vitamin A has well-established immunological impacts in infectious disease states, the researchers hypothesized it could have clinical benefits among those with Ebola virus disease. Aluisio AR, Perera SM, Yam D, Garbern S, Peters JL, Abel L, Cho DK, Kennedy SB, Massaquoi M, Sahr F, Brinkmann, S, Locks L, Liu T, Levine AC. [Vitamin A Supplementation Was Associated with Reduced Mortality in Patients with Ebola Virus Disease during the West African Outbreak.](#) *J Nutr* 149(10):1757–65.
- **Fasting during the second trimester of pregnancy may be particularly harmful.** This recent study provides new information demonstrating that fasting during the second trimester of pregnancy may be particularly harmful. Tith RM, Bilodeau-Bertrand M, Lee GE, Healy-Profitos J, Auger N. [Fasting during Ramadan Increases Risk of Very Preterm Birth among Arabic-Speaking Women.](#) *J Nutr* 149(10):1826–32.



Current Issue

Advances in Nutrition (AN)

September 2019, 10(5)

Featured Articles:

- What's the lowdown on dairy? [Mozaffarian](#) finds evidence that whole-fat dairy foods do not cause weight gain; dairy increases lean body mass while reducing body fat; yogurt and probiotics reduce weight gain; and fermented dairy is linked to a lower cardiovascular disease risk. What's more, yogurt, cheese, and even dairy fat may protect against type 2 diabetes.
- A transition to a more plant-based diet may have beneficial effects on the environment; however, it is unlikely to ameliorate obesity. Moreover, according to [Magkos et al.](#), switching to a more plant-based diet "may also have adverse health effects if this change is made without careful consideration of the nutritional needs of the individual relative to the adequacy of the dietary intake."



Current Issue

Current Developments in Nutrition (CDN)

September 2019, 4(10)

Featured Article:

- Changes in gut microbiota, which can be influenced by diet, are associated with cardiometabolic disorders. Almonds are a rich source of fiber, unsaturated fats, and polyphenols, all nutrients that can favorably alter the gut microbiome. [Jaapna Dhillon et al.](#) examined the effects among college freshmen of eight weeks of almond snacking on gut microbiome diversity and abundance compared to eight weeks of snacking on a similar amount of calories from graham crackers. The authors found that the almonds improved alpha-diversity compared with graham crackers. In conclusion, they noted, "incorporating a morning snack in the dietary regimen of predominantly breakfast-skipping college freshmen improved the diversity and composition of the gut microbiome."

Highlights from Other Journals

- [Food Choice Under Five Front-of-Package Nutrition Label Conditions: An Experimental Study Across 12 Countries](#) [Talati Z et al.] *Am J Public Health*.
- [Behaviour change, weight loss and remission of Type 2 diabetes: a community-based prospective cohort study](#) [Dambha-Miller H et al.] *Diabetic Med*.
- [Comparative effects of different whole grains and brans on blood lipid: a network meta-analysis](#) [Hui S et al.] *Eur J Nutr*.
- [Association of Metabolically Healthy Overweight Phenotype With Abnormalities of Glucose Levels and Blood Pressure Among Chinese Adults](#) [Xu R et al.] *JAMA Netw Open*.
- [Metabolic Trajectories Following Contrasting Prudent and Western Diets from Food Provisions: Identifying Robust Biomarkers of Short-Term Changes in Habitual Diet.](#) [Wellington N et al.] *Nutrients*.

Important Dates

Nov 6-8

[Annual Meeting Scientific Sessions by Obesity Week](#)

(Las Vegas, NV)

Nov 7-9

[51st Annual Conference of Nutrition Society of India](#)

(Thiruvananthapuram, Kerala, India)

Nov 12-13

[NIH Sensory Nutrition and Disease Workshop](#)

(Bethesda, MD)

Dec 2-5

[Nutrition Society of Australia 43rd Annual Meeting](#)

(Newcastle, NSW, Australia)

Mar 28-31

[ASPEN 2020](#) (Seattle, WA)

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