

NUTRITION

notes

YOUR MONTHLY MEMBER NEWSLETTER

ASN Nutrition Notes
Monthly Member
e-Newsletter

December
2019 Edition

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Nutrition 2020 Call for Abstracts Abstract Submission is Open!

ASN welcomes the submission of original research in the form of abstracts for presentation at **Nutrition 2020**, ASN's flagship meeting, which will be 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 Now!

Nutrition 2020 Abstract Reviewers Needed!

We need YOU to serve as an abstract reviewer for Nutrition 2020. As a reviewer, you will:

- Support the activities of your ASN Research Interest Section and/or Council
- Elevate the quality of science presented at Nutrition 2020
- Help your career development by placing this important duty on your CV

The review period will take place February 3-17, 2020. Abstract reviewers should have completed their terminal degree; students cannot serve as abstract reviewers. [Click here](#) for more details and to sign up.

Mark Your Calendars! Registration and Housing for Nutrition 2020 Opens on January 7th

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. **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 combine to 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

[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!

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



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

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

[Visit ASN on Demand](#)



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

*Time is Running Out
to Give Back to Your*

Professional Home!

As you consider where to make your end-of-year donations, we ask that you please consider a generous gift to your professional home, the **ASN Foundation**. Your contribution makes a difference in allowing us to provide much needed financial awards, scholarships, recognition programs, education, and more.



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 button below to show your support today in recognition of all the Society means to you and the field of nutrition. Thank you in advance for your generosity and support!

DONATE NOW



Health & Nutrition Policy Updates

ASN to Give Oral Comments at Jan. 23-24 DGAC Meeting

The Dietary Guidelines Advisory Committee (DGAC) will hold its 4th meeting January 23 and 24, 2020, at the USDA Children's Nutrition Research Center in Houston, Texas. The meeting will be available to [attend](#) in-person or view by webcast. The first day of the meeting will include presentations by each subcommittee and deliberation by the full Committee. On the second day, the public will have the opportunity to

provide oral comments to the Committee on a first come, first serve basis. Those providing oral comments must attend in-person. Information about registering to attend the meeting and to provide oral comments is available [here](#). There is an ongoing open public comment period for written comments that will last until the Committee completes its work in 2020. Comments can be submitted [here](#).

ASN will provide oral comments at this meeting. We welcome feedback from the membership regarding this oral comment opportunity. Please reach out to [Sarah Ohlhorst](#), MS, RD, Senior Director of Advocacy and Science Policy, with any questions or input.

LAST CALL FOR APPLICATIONS! 2020 ASN Science Policy Fellowship

The deadline to submit [application packets](#) for the [2020 ASN Science Policy Fellowship](#) is **Friday, December 20, 2019!** There's still time to submit! 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. 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

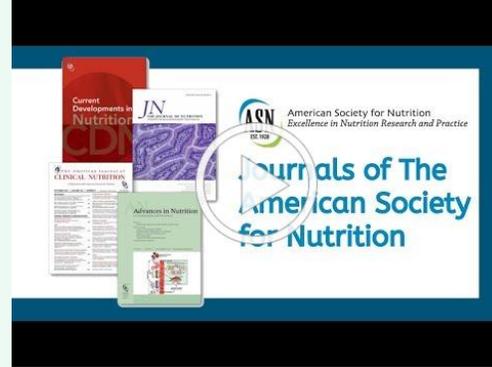
ASN, Institute of Food Technologists (IFT) DC Section, and IFT Food Laws and Regulations Division will sponsor the 2020 [Food Policy Impact](#) conference in Washington, DC on **February 10-11**. This meeting provides updates on the latest developments in food and nutrition laws, regulations and policy initiatives.

News from ASN Journals

*The American Journal of
Clinical Nutrition Associate*

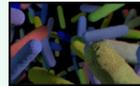


Editor, Amanda MacFarlane, PhD, spoke at the Nutrition Innovation Centre for Food and Health at Ulster University in Northern Ireland on November 19th about publishing impactful research in leading nutrition journals, with a particular focus on ASN's journals.



Microbiome Collection

The role of gut microbiota in obesity, inflammation, Type II diabetes, and in health across individual lifespans and genotypes, is only beginning to be uncovered. [Explore this collection](#) of free articles from the American Society for Nutrition's journals on gut bacteria, including, Bifidobacterium, Lactobacillus, and Clostridia.



Explore Microbiome Research from the ASN Journals



Special Collection on Vitamins

Sarah L. Booth, J Philip Karl, and Hassan Dashti guest edited a [collection of articles on vitamins](#) resulting from the 5th International Vitamin Conference held last year in Sydney, Australia. Topics include funding and funding gaps for vitamin research, deficiencies and fortification to address health disparities in underserved communities, and optimizing vitamin status throughout the life cycle.



Using Research to Improve Nutrition in the Context of an At-Scale Social Protection Program in Mexico

The Progresa Conditional Cash Transfer program in Mexico began in 1997, with a strong evidence-based design. The program's ultimate objective was to foster the development of human capital through 3 components—education, health, and food. Rigorous impact evaluation generated evidence of impact on several outcomes, including child growth, but also aspects of program design and implementation challenges that may have limited impact. [The Journal of Nutrition published a supplement](#) meant to present research that led to the redesign of this program's health component, its implementation and evaluation at pilot scale, and its scale-up to national level, representing >15 y of collaboration among evaluators, program implementers, and funders.



Proceedings of the 7th International Congress on Vegetarian Nutrition

Advances in Nutrition published the results of the [7th International Congress on Vegetarian Nutrition](#), which focused on plant-based diets for healthy people, populations, and the planet. Other topics include diet and life-cycle stages, as well as disease prevention and management.



Nutrition education for healthcare providers
Nutrition plays an important role in health promotion and disease prevention and treatment across the lifespan. Physicians and other healthcare professionals are expected to counsel patients about nutrition, but recent surveys report minimal to no improvements in medical nutrition education in US medical schools. [Advances in Nutrition published the results of a workshop sponsored by the National Heart, Lung, and Blood Institute intended to](#)

[address this gap.](#)

ASN Heads to ILSI 2020 Next Month

January 17-21, 2020 | San Jose, Costa Rica

ASN is excited to be hosting a session at ILSI 2020, January 17-21 in San Jose, Costa Rica. Our session on [Global Harmonization of Nutrient Recommendations](#) will feature the following speakers:

- **The Case for Harmonizing Nutrient Reference Values Around the World**, Susan Fairweather-Tait, University of East Anglia, United Kingdom
- **A Resource Toolbox to Standardize Recommendations**, Janet King, Children's Hospital Oakland Research Institute, University of California at Berkeley and Davis, United States
- **Proposed Global Harmonized Values**, Lindsay Allen, United States Department of Agriculture (USDA), Agriculture Research Service, United States
- **Sustaining Global Nutrient Recommendations in the Future**, panel and audience discussion

Please join us for an engaging discussion! [Details](#).

Registration Open for 41st National Nutrient Databank Conference

April 19-22, 2020 | College Park, MD

The National Nutrient Databank Conference is held bi-annually to foster communication among nutrient data base generators and users. Participation is open to researchers from academia, the food industry, government and other interested parties.

The variety of presentations will address the theme, **20-20 Vision for Food Composition Data: Promoting Public Health Worldwide**. Keynote speakers will include:

- Dr. Susan Mayne, Director, FDA Center for Food Safety and Applied Nutrition
- Dr. Johanna Dwyer, Tufts University and NIH Office of Dietary Supplements
- Dr. Ruth Charrondiere, Nutrition Officer, U.N. Food and Agriculture Organization

Conference sessions will address food composition, dietary intake assessment methodology, dietary supplements, and much more! [Register Online](#)

Save the Date: The Nutrient Sensing and Metabolic Signaling Conference

August 9-14, 2020 | Nova Scotia, Canada | #NSMS20

This exciting interdisciplinary conference convenes scientists with diverse expertise to advance understanding of the biochemical mechanisms and fundamental principles of nutrients as signaling molecules and as regulators of metabolism. Established investigators from academia and industry and trainees – including graduate students and postdoctoral fellows – are well represented. The overarching goal of this meeting is to understand the role of nutrients as signaling molecules in metabolic control.

Important dates:

- Advance registration deadline Tuesday, June 23, 2020
- Last day to register Thursday, July 9, 2020
- Cancellation deadline Thursday, July 9, 2020

Learn More about the program here: <https://src.faseb.org/nutrient/Program>

Register today at: <https://src.faseb.org/nutrient/Registration#top>



Open Call for Symposia for the 22nd International Congress of Nutrition (ICN)

September 14-19, 2021 | Tokyo, Japan

The 22nd International Union of Nutritional Sciences (IUNS) International Congress of Nutrition (ICN) will take place on September 14-19, 2021 in Tokyo, Japan. The closing date for open Symposia applications has been extended until 31st March 2020. For more information on the criteria and cost, click [here](#). This call for applications is limited to academic societies and public organizations.

The 2021 meeting will be organized jointly by the Japan Society of Nutrition and Food Science (JSNFS)

and the Japanese Society of Nutrition and Dietetics (JSND).

Being a part of this conference will benefit not only from the great scientific achievements of the congress itself, but also from unique experiences of Japanese culture, history and various other entertainments. The secrets and appeal of the Japanese diet will of course be of interest to participants in the congress.

For more information on the upcoming conference please click on [IUNS-ICN22ND](#)
To apply to be part of the symposia, click [here](#)

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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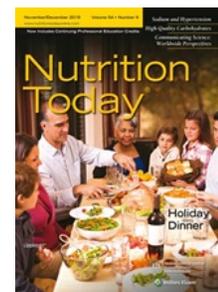
Visit ASN NutriLink today

[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.

Subscribe to *Nutrition Today*

Nutrition Today is an ASN official partner publication, helping nutrition professionals clear a pathway through today's maze of fad diets and cure-all claims by easy to read, authoritative reviews. The journal features solicited and submitted original articles, reviews of nutrition research findings, and summaries of symposia.

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ASN Journal Highlights

The American Journal of Clinical Nutrition (JN)

December 2019, 110(6)

Selected Articles:

- **Adherence to sustainable dietary practices may help prevent future weight gain.** Sustainable dietary patterns may help lower risk of weight gain, overweight and obesity. Seconda L, Egnell M, Julia C, Touvier M, Hercberg S, Pointereau P, Lairon D, Allès B, Kesse-Guyot

**The American Journal of
CLINICAL NUTRITION**
A Publication of the American Society for Nutrition

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Current Issue

- E. [Association between sustainable dietary patterns and body weight, overweight and obesity risk in the NutriNet-Santé prospective cohort.](#) *Amer J Clin Nutr* 2019, nqz259,
- **Children receiving small-quantity lipid-based nutrient supplementary foods have lower mortality rates.** Lipid-based nutrient supplementary foods reduced mortality rates in children. Stewart CP, Wessells KR, Arnold CD, Huybregts L, Ashorn P, Becquey E, Humphrey JH, Dewey KG. [Lipid-based nutrient supplements and all-cause mortality in children 6-24 months of age: a meta-analysis of randomized controlled trials.](#) *Amer J Clin Nutr* 2019, nqz262.
 - **Declining dietary quality may begin as early as 1 year of age.** This study suggests that a decline in dietary quality may begin as early as 1 year of age, especially among those with less access to healthy diets. Hamner HC and Moore LV. [Dietary quality among children from 6 months to 4 years, National Health and Nutrition Examination Survey 2011–2016.](#) *Amer J Clin Nutr* 2019, nqz261.



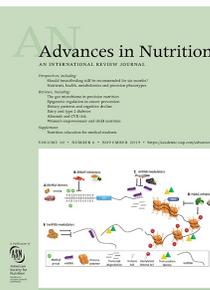
Current Issue

The Journal of Nutrition (JN)

December 2019, 149(12)

Editor's Choice Articles:

- **Ethyl glucuronide – a proposed biomarker of habitual alcohol intake.** This study reports on the relationship between urinary EtG levels and self-reported alcohol intake levels, as well as other indirect measures of alcohol consumption. Van de Luitgaarden IAT, Beulens JWW, Schrieks IC, Kieneker LM, Touw DJ, van Ballengooijen AJ, van Oort S, Grobbee DE, Bakker SJL. [Urinary ethyl glucuronide can be used as a biomarker of habitual alcohol consumption in the general population.](#) *J Nutr* 2019(12);149:2199–205, 2019. Commentary by Landberg R. [Can urinary ethyl glucuronide be used as a biomarker of habitual alcohol consumption?](#) *J Nutr* 2019(12);149:2077–8.
- **Iron and copper metabolism models are reviewed.** A review of models available for exploring multiple disease processes associated with either excess or deficient level of iron and copper. Many models utilize rodents, both rats and mice that have spontaneous mutations or those developed through transgenic means. However, most models are not able to completely replicate pathologies found in humans. Wang X, Garrick MD, Collins JF. [Animal models of normal and disturbed iron and copper metabolism.](#) *J Nutr* 2019(12);149:2085–100.
- **Consumption of some milk supports development of intestinal microbiota and their metabolism in neonates.** The impact of feeding mode and type of prebiotics on microbiota and their metabolism in a neonatal piglet model was studied by the authors. Wang M, Radlowski EC, Li M, Monaco MH, Donovan SM. [Feeding mode, but not prebiotics, affects colonic microbiota composition and volatile fatty acid concentrations in sow-reared, formula-fed, and combination-fed piglets.](#) *J Nutr* 2019(12);149:2156–63.



Current Issue

Advances in Nutrition (AN)

November 2019, 10(6)

Featured Articles:

- [David Katz](#) argues, “the evidence is strong, consistent, and compelling that a diet of predominantly, or even exclusively, whole plant foods can promote health, selectively treat and reverse disease, and confer comparable benefit to the planet....the choices of nearly 8 billion hungry Homo sapiens on a small imperiled planet have narrowed. The future of food, for the sake of people and planet alike, is plant centric.”
- Health concerns associated with sucrose intake have spurred the development and consumption of other sugars and sweeteners. [Sara Di Rienzi et al.](#), however, note that “by changing the suite and amounts of sugars and sweeteners we consume, we create novel gut habitats that alter our microbial community, change microbial metabolism and excreted metabolites, and select for novel microbial strains.”



Current
Issue

Current Developments in Nutrition (CDN)

December 2019, 4(12)

Featured Article:

- High-fat meal consumption can induce transient postprandial atherogenic responses, including impairment of vascular endothelial function, in individuals with overweight or obesity. In response, [Nicole Litwin et al.](#) investigated the impact of red beetroot juice consumption on postprandial endothelial function and other cardiometabolic responses to a high-fat meal among overweight and obese individuals by using a randomized, double-blind, placebo-controlled, four-period, crossover clinical trial. The authors discovered that “high-fat meal consumption did not impair postprandial endothelial function in this population, and red beetroot juice exposure did not alter postprandial endothelial function or other outcomes despite increasing circulating nitrate/nitrite concentrations.”

Highlights from Other Journals

- [Association of Special Supplemental Nutrition Program for Women, Infants, and Children With Preterm Birth and Infant Mortality](#) [Soneji S & Beltran-Sanchez H] *JAMA Netw Open*.
- [Double-duty actions: seizing programme and policy opportunities to address malnutrition in all its forms](#) [Hawkes C et al.] *Lancet*.
- [Early High-Dose Vitamin D₃ for Critically Ill, Vitamin D–Deficient Patients](#) [PETAL Clinical Trials Network] *NEJM*.
- [The Local Food Environment and Obesity: Evidence from Three Cities](#) [Walker BB et al.] *Obesity*.
- [Ten-Hour Time-Restricted Eating Reduces Weight, Blood Pressure, and Atherogenic Lipids in Patients with Metabolic Syndrome](#) [Wilkinson MJ et al.] *Cell Metab*.

Important Dates

Jan 17-21

[ILSI 2020](#) (San Jose, Costa Rica)

Feb 10-11

[Food Policy Impact](#), presented by the Washington DC Section of IFT and ASN (Washington, DC)

Mar 23-27

[Micronutrient Forum 5th Global Conference 2020](#)
(Bangkok, Thailand)

Mar 28–31

[ASPEN 2020](#) (Tampa, FL)

Apr 19-22

[41st National Nutrient Databank Conference](#) (College Park, MD)

Apr 26–28

[FINUT 2020](#) (Mexico City, Mexico)

May 17–19

[73rd Annual Meeting of Japan Society of Nutrition & Food Science](#) (Shizuoka, Japan)

May 30–Jun 2

MAY 30 - JUNE 2, 2020
WASHINGTON STATE CONVENTION CENTER
SEATTLE, WA

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