

NUTRITION notes

YOUR MONTHLY MEMBER NEWSLETTER

ASN Nutrition Notes
Monthly Member
e-Newsletter

November
2019 Edition

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

- Giving Tuesday 2019 is December 3rd
- Call for Abstracts for **Nutrition 2020**
- **Nutrition 2020** Registration & Housing Opens January 7th
- Opportunities to Exhibit at **Nutrition 2020**
- Nutrition 2019 Sessions Available on Demand
- *Best of ASN* Session in Dubai
- Health & Nutrition Policy Updates
- Webinar: Meat Cooked at High Temperature & Cancer Risk
- ASN Journal News
- Nutrition 2019 Highlights

Giving Tuesday 2019
is December 3rd!



Support ASN -- Your Professional Home

Sign up [HERE](#) to receive a Giving Tuesday reminder notification next week

December 3rd is Giving Tuesday. This important day is set aside every year to support charitable and philanthropic organizations that have a special place in your heart. 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. General donations are needed and welcomed at any point throughout the year. We hope this gentle reminder about Giving Tuesday however moves you to reflect on all that ASN has meant to you and the field of nutrition science and practice.

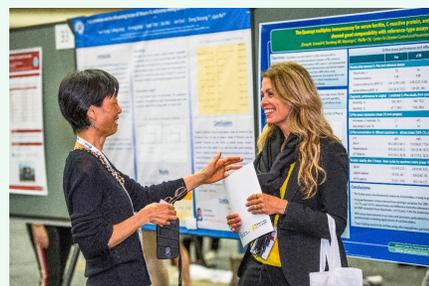
[Learn more about the ASN Foundation and giving options here.](#) All donations received **before December 31, 2019** are tax deductible to the full extent of the law and can be deducted from your taxes this year. Donating takes only a few minutes of your time. Thank you in advance for your generosity and support!

DONATE NOW

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!



**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

Nutrition 2019 Sessions Now Available on Demand



ASN 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

Best of ASN Session in Dubai



Special thanks to Trudy Voortman, PhD for representing ASN in a *Best of ASN* session at the Dubai Nutrition Conference in October 2019. Trudy presented on the effects of whole grain consumption on cardiometabolic health and incorporating whole grains in one's diet. More than 400 dietitians, physicians, nurses and other health providers participated in the event. After the conference Trudy told us that it was interesting to learn how the struggles in nutrition research and practice in the Middle East are similar to what is experienced in Europe and the U.S., despite our cultural differences.

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.

ASN Participates in NIH Geroscience Summit III

At the recent National Institutes of Health (NIH) 3rd [Geroscience Summit](#), ASN delivered [comments](#) focusing on malnutrition and its impact on older adults. The Summit was organized by the [trans-NIH Geroscience interest group](#) and engaged professional societies, researchers, and practitioners in the emerging field of geroscience and its potential role in combating age-related diseases.

Check ASN's website for [additional comments](#) related to the 2020 Dietary Guidelines for Americans provided in October 2019.

Upcoming Webinar: Can Meat Take the Heat or Should it Get Out of the Kitchen? Meat Cooked at High Temperature & Cancer Risk

Thursday, December 12, 2019, 1:00–2:00 PM (EST)

Join us to discuss epidemiological evidence and current WCRF/AICR recommendations regarding meat intake and cancer risk. Experts also will review strengths and limitations of mechanistic evidence linking meat HCAs to human cancer incidence as well as common methodology used to estimate HCA and PAH exposure in epidemiologic studies.

Presentations and Speakers:

- *Are there Pathways Linking Dietary HCAs and PAHs from Meat to Cancer Risk?*

Robert Turesky, PhD, BSc, University of Minnesota

- *The Importance of Uncertainty in the Estimation of Dietary HCA and PAH for Application in*

Health Impact Studies

Jane Pouzou, PhD, EpiX Analytics

- *Red Meat and Cancer Risk: Current Findings from the World Cancer Research Fund*

Steven Clinton, MD, PhD, The James, The Ohio State University Comprehensive Cancer Ctr

Learn more and register at: <https://nutrition.link/meat-cancer-risk>

Continuing Professional Education credits for dietitians will be provided.

Sponsored by the National Cattlemen's Beef Association, a contractor to the Beef Checkoff

ASN Journal News

The American Journal of Clinical Nutrition Editor-in-Chief, Christopher P. Duggan, MD, MPH, is pleased to welcome Christopher D. Golden, PhD, MPH, of the Harvard T.H. Chan School of Public Health, as Editorial Board Member for *The AJCN*. Dr. Golden's work focuses on environmental and planetary health. We are honored by his support of *The AJCN*.

Recent *AJCN* media alert article: <https://nutrition.org/adherence-to-sustainable-dietary-practices-may-help-prevent-future-weight-gain/>

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](#)

[Visit ASN on Demand](#)

Missed Nutrition 2019, or attended a session you'd like to see again? Content is available on [ASN on Demand](#) for purchase.

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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



The American Journal of Clinical Nutrition (JN)

Selected Article:

- *AJCN* commentary addresses recent publications on consumption of red and processed meat. Controversy about red and processed meat arose recently because a publication declared that diets "restricted in meat may have little or no effect on major cardiometabolic outcomes and cancer mortality and morbidity" or on "all-cause mortality," which counters recommendations in the 2015 *Dietary Guidelines for Americans*. These conclusions were reached without considering several important factors, including biologic

Current Issue

plausibility, consistency of evidence from all study designs, and effect sizes. Nutrition scientists should analyze, interpret, and publish data in order to improve public trust in their work. Neuhouser, ML. [Red and processed meat: more with less?](#) *Amer J Clin Nutr*, nqz294, .



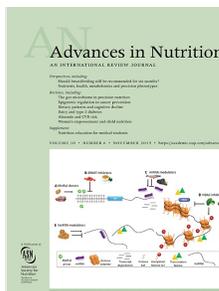
Current Issue

The Journal of Nutrition (JN)

November 2019, 149(11)

Selected Articles:

- **Compounds isolated from probiotic microbiota may be responsible for improved gut barrier function.** The authors explored the ability of supernatants derived from the culture of *Lactobacillus reuteri* ZJ617 on intestinal barrier function and hepatic inflammation induced by LPS. Cui Y, Qi S, Zhang W, Mao J, Tang R, Wang C, Liu J, Luo XM, Wang H. [Lactobacillus reuteri ZJ617 culture supernatant attenuates acute liver injury induced in mice by lipopolysaccharide.](#) *J Nutr* 149(11):2046–55.
- **Compartmental models including vitamin A intake better estimate kinetic parameters and total body stores.** The authors conducted a study that determined if the inclusion of vitamin A intake data in a compartmental model would provide better estimates of TBS and retinol kinetics for two study lengths. Ford JL, Green JB, Green MH. [Addition of vitamin A intake data during compartmental modeling of retinol kinetics in theoretical humans leads to accurate prediction of vitamin A total body stores and kinetic parameters in studies of reasonable duration.](#) *J Nutr* 149(11):2065–72.
- **Global variances in relative caloric prices help explain childhood stunting and overweight adults.** The authors conducted a study designed to address the void in our understanding about the relative caloric prices (RCP) of foods on a global basis, and the relationship of RCP with dietary patterns, child stunting, or adult obesity. Headey DD, Alderman HH. [The relative caloric prices of healthy and unhealthy foods differ systematically across income levels and continents.](#) *J Nutr* 149(11):2020–33.



Current Issue

Advances in Nutrition (AN)

November 2019, 10(6)

Featured Articles:

- Studies have examined the incidence of food insecurity among college students, with estimates ranging from 10% to 75%. [Cassandra J. Nikolaus et al.](#) analyzed these studies to produce a weighted estimate. “The results indicate that food insecurity is a pressing issue among college students, but the variation in prevalence produced by differing surveys suggests that students may be misclassified with current surveying methods.”
- Should you take ketone supplement to enhance physical performance and endurance? [Lee M. Margolis et al.](#) find that “the high level of heterogeneity and inconsistent direction in outcome measures between studies means there is presently insufficient evidence to conclude recommendation of consuming ketone supplements on physical performance improvement.” More rigorous research needed.



Current Issue

Current Developments in Nutrition (CDN)

November 2019, 4(11)

Featured Article:

- Could almonds be a quick and simple fix to improve gut health among busy college students? 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 of eight weeks of almond snacking on gut microbiome diversity and abundance compared with eight weeks of snacking on graham crackers among college freshmen. According to their findings, almond snacking did improve alpha-diversity compared with graham cracker snacking. They therefore concluded that incorporating a morning snack in the dietary regimen of predominantly breakfast-skipping college freshmen could potentially improve the diversity and composition of gut microbiome.

Highlights from Other Journals

- [The Supplemental Nutrition Assistance Program \(SNAP\): History, Politics, and Public Health Implications](#) [Nestle M] *Am J Public Health*. ([Special issue on SNAP](#))
- [Ketogenic diet activates protective \$\gamma\delta\$ T cell responses against influenza virus infection](#) [Goldberg EL et al.] *Sci Immunol*.
- [Association of Nutritional Support With Clinical Outcomes Among Medical Inpatients Who Are Malnourished or at Nutritional Risk: An Updated Systematic Review and Meta-analysis](#) [Gomes F et al.] *JAMA Netw Open*.
- [Ascoping review on economic globalization in relation to the obesity epidemic](#) [An R et al.] *Obes Rev*.
- [The effect of the artificial sweeteners on glucose metabolism in healthy adults: a randomized double-blinded crossover clinical trial](#) [Ahmad SY et al.] *Appl Physiol Nutr Metab*.

Important Dates

Dec 2–5

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

(Newcastle, NSW, Australia)

Mar 28–31

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

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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