



NUTRITION

notes

YOUR MONTHLY MEMBER NEWSLETTER

ASN Nutrition Notes
Monthly Member
e-Newsletter

December
2020 Edition

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

- Share Your Science at NUTRITION 2021 LIVE ONLINE
- Newly Updated and Expanded Call for Nominations:ASN Foundation Awards
- Reserve Your Spot! Showcase your products and services at NUTRITION 2021 LIVE ONLINE
- Member-Get-A-Member Program
- Time is Running Out to Give Back to Your Professional Home!
- Download the ASN Connect App Today
- ASN Job Board Member Offer
- ASN Call for Applications for 2021 Science Policy Fellows
- New CME Accredited Courses Provide Evidence-Based Education on Nutrition
- ASN Journal News & Updates



American
Society for
Nutrition

NUTRITION LIVE ONLINE 2021

JUNE 7 - 10, 2021 | VISIT [NUTRITION.ORG/N21](https://www.nutrition.org/n21) TO LEARN MORE

Share Your Science at NUTRITION 2021 LIVE ONLINE

The American Society for Nutrition (ASN) invites you to submit original research in the form of abstracts for a poster or oral presentation at **NUTRITION 2021 LIVE ONLINE, June 7-10**.

As a completely virtual event, this is an opportunity to showcase your research to a global audience in a convenient, travel-free format.

- Share your research with the greatest minds in nutrition science
- Network with peers in academia, industry and government
- Publish your work in Current Developments in Nutrition, ASN's open access journal
- Become eligible for Abstract-based Award Competitions and Awards

Your research is a vital part of the meeting. NUTRITION 2021 LIVE ONLINE aims to share the latest and best science that advances our understanding of nutrition and how it can be applied, representing diverse perspectives from all over the world on topics covering all disciplines of nutrition.

The [online submission site](#) is now open. The **deadline is February 8, 2021, 11:59 PM ET**.

Learn
More

Newly Updated and Expanded Call for Nominations:
ASN Foundation Awards



Call for Nominations/Applications for
2021 ASN Awards

**NOMINATE OR
APPLY BY
JANUARY 22, 2021**

Thank you for reminding us that ASN Foundation awards are so critical to the success of early and mid-career investigators. We have adapted our 2021 award plans to include more opportunities for young professionals. [Click here](#) to read the full statement from ASN's Chief Executive Officer, John E. Courtney, PhD.

The **deadline for nominations is January 22, 2021**. Visit the [ASN Awards webpage](#) for more details and use the [ASN Foundation Portal website](#) to submit your nomination today.

Please continue to share your ideas on how to keep ASN inclusive and relevant to all members.

Reserve Your Spot! Showcase your products and services at NUTRITION 2021 LIVE ONLINE

Showcase your products and services to a captive audience in more than 150 countries all at once, without leaving your home or office at **NUTRITION 2021 LIVE ONLINE, June 7 – 10**.

As a virtual event, NUTRITION 2021 LIVE ONLINE attracts researchers, clinicians, public health and other nutrition professionals from all over the world who may not otherwise be able to travel and attend a live event.

Last year's event attracted more than 30,000 participants from 164 countries, including nearly 15,000 nutrition scientists and students, 8,000 RDs, 3,000 MDs, and 500 RN's; all seeking the latest research in nutrition and solutions to their challenges. Be the one that helps them meet their goals!

NUTRITION 2021 LIVE ONLINE's Virtual Exhibit Hall and Sponsorship Opportunities offer a variety of formats to help you showcase, promote, and engage attendees with your company or organizations' information, products, and services, including:

- Virtual Exhibit Hall Booth
- Sponsored Satellite Program
- Product Showcase
- *And More!*

Don't miss this opportunity to connect with an audience you usually don't have the ability to meet with. [Learn more](#) about exhibit and sponsorship opportunities.

Member-Get-A-Member Program

Member
Get A
Member



ASN members play a vital role in advancing the science, education and practice of nutrition. As a member, you know the value that ASN membership has had in your professional career. The ASN Member-Get-A-Member (MGAM) program is your opportunity to share the value of ASN membership with colleagues. Not only can you take pride in supporting ASN, but you can also earn rewards on your referrals who join.

Members who recruit new members from now through the end of February 2021 can earn rewards that can be used toward ASN member dues, extensions for your current membership term or an Amazon Gift Card. Full details for the offer can be found at <https://conta.cc/3fXR6QI>.

It's easy to participate in the MGAM program. Here's how it works:

1. Ask referrals to use the online form to apply for membership at nutrition.memberclicks.net/referral:
 - You can also send referrals to mem@nutrition.org and we can contact them on your behalf;
 - Your referrals will receive a 30% discount off member dues when they join ASN and use **Discount Code JOIN30**. Please provide this discount code to them;
2. Be sure your referrals include your name and email, to attribute their memberships to you;
3. With the MGAM program, you could earn rewards to be used toward ASN member dues, extensions for your current membership term or an Amazon Gift Card.

Please contact mem@nutrition.org if you have any questions about the ASN Member-Get-A-Member (MGAM) program.

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**. 2020 challenged us all with many disruptions however your Foundation helped ensure nutrition science continued to advance. Your contribution will make a difference in allowing us to provide much needed awards which we continue to hear are more critical now than ever, scholarships, recognition programs, education, and more.

[Click here](#) to learn more about the ASN Foundation and giving options. All donations received **before December 31, 2020** 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 but leaves a tremendous impact. 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**

A Message from ASN Foundation Chair, Robert M. Russell, MD:

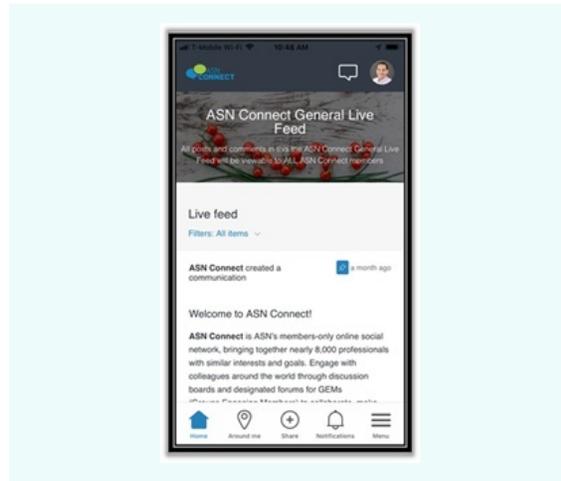
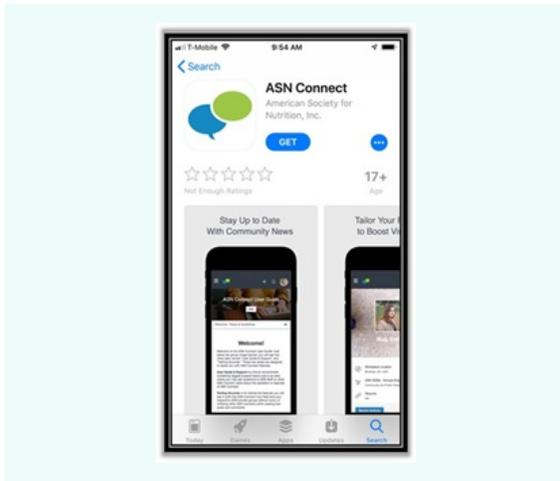


Download the ASN Connect App Today

ASN's Members Only Social Media Platform

ASN Connect is ASN's new and improved social networking site that *replaces* ASN NutriLink. Download the ASN Connect App for Apple or Android devices. After downloading, login using your ASN member credentials. ASN Connect is a safe and robust tool that can be tailored to your preferences for an easy-to-use experience, exclusive for ASN members, including popular features such as the ability to:

- create a personal profile
- connect to your LinkedIn profile
- customize and sort your live feed
- share links, images, videos and attachments in posts
- engage with others' posts by commenting or liking
- search the directory of users
- send links, direct messages and receive alert notifications
- join any of the 20+ Groups Engaging Members (GEMs)
- view jobs and opportunities, and more!



ASN Job Board Member Offer

Use the new [ASN Job Board](#), to reach high-quality candidates within the trusted ASN network. Share job openings on the ASN's Job Board to reach a captive audience who are seeking positions, like yours.

Job posts start at \$100 for members for a 30-day post. Plus, **now through 12/31/2020, use Discount Code WELCOME and receive a 50% discount.** Thus your 30-day job posting would only cost \$50!

Cut through the clutter and get qualified candidates with experience in nutrition. The ASN Job Board is convenient and cost-effective for connecting you with a focused pool of job seekers, with added benefits:

- Simplified solution allows for a hands-off approach – no more manually posting jobs;
- Immediate results for employers with jobs automatically displayed on the board within seconds;
- Premium placement option available for jobs promoted at the top of the board and published to the Google Jobs Network; and
- Mobile responsiveness with personalized listings responsive to all screen sizes for a seamless experience across all devices.

Place your ad in the ASN Job Board today at nutrition.mcjobboard.net!



Nutrition Science Teaching Tools

Attention ASN Members! – In this time of virtual teaching, we gathered resources from ASN publications and past scientific meetings in the hopes that these will be useful to you.

Many are open access; some are available to members-only; and others require a fee.

[Click here](#) and check out this collection of resources for teaching nutrition science and related fields. Any questions? Please contact us at education@nutrition.org.



American Society for Nutrition
Excellence in Nutrition Research and Practice
www.nutrition.org

DEADLINE APPROACHING

2021 Science Policy Fellowship

Gain an enhanced perspective on public policy issues related to nutrition, including an expanded understanding of current nutrition policy issues and initiatives.

APPLY BY DECEMBER 21



One Week Remaining!

ASN Call for Applications for 2021 Science Policy Fellows

The call for applications for ASN's [2021 Science Policy Fellowship](#) **closes Monday, December 21, 2020!** Submit your application packet today! ASN offers two one-year Fellowships to advanced graduate students, early professionals, postdoctoral trainees, or medical interns, residents, or fellows. Fellows gain an enhanced perspective on public policy issues related to nutrition and build skills to become a well-informed advocate for nutrition research and policy.

Visit [nutrition.org/public-affairs/asn-science-policy-fellowship/](https://www.nutrition.org/public-affairs/asn-science-policy-fellowship/) for more information.



New CME Accredited Courses Provide Evidence-Based Education on Nutrition

The American Society for Nutrition has launched a series of online modules targeted to physicians and other health professionals seeking education on the fundamentals of nutrition.

Developed by experts in medical education, the modules focus on topics related to inpatient and outpatient care and are designed to be interesting, topical, and challenging.

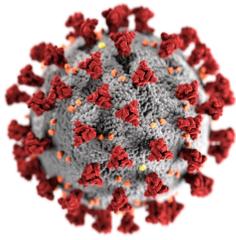
Accessible on [learn.nutrition.org](https://www.learn.nutrition.org), the first two modules focus on [critical care nutrition](#) and [addressing malnutrition in the hospital](#).

Special thanks to our project leaders, Michael Rothkopf, MD, Stephen McClave, MD and Zhaoping Li, MD, PhD for working tirelessly to get this effort off the ground. A big thank you to Robert Martindale, MD, PhD and Ryan Hurt, MD who also assisted with the development of the first courses.

Each course is certified for 1 **AMA PRA Category 1 Credit™** and is being offered at an introductory cost of \$29.

Jointly provided by Postgraduate Institute for Medicine and American Society for Nutrition.

This activity is supported by an independent educational grant from Abbott Nutrition Health Institute.



ASN COVID-19 Resource Page

ASN's COVID-19 [resource page](#) is continually updated with information, including a [blog](#) to highlight ways to prioritize nutrition and healthy living during the COVID-19 outbreak and an *AJCN* Associate Editor's [experience](#) in Wuhan, China. More blogs guest authored by ASN members to come soon! The page features relevant articles from ASN's journals collection, as well as additional information from government agencies and health and news organizations. We encourage you to use this page and share with your networks.



News from ASN Journals

Nutrition, Sleep, & Time

What is the relationship between nutrition, sleep, and time? Does nutrition have an impact on sleep quality? Are there better times to eat meals throughout the day? Can sleeping patterns affect nutrition and weight gain? ASN's Editors partnered with the editors of [SLEEP](#)[®] to attempt to answer these questions in this themed collection on Nutrition, Sleep, and Time.

We invite you to freely explore this collection through **December 31, 2020**.



Special Collections Series

As an exclusively open access journal, *Current Developments in Nutrition* (CDN) has developed an exciting initiative to publish [Special Collections](#). These solicited collections target timely topics of interest to the community of nutrition scholars. This special collection initiative has been spearheaded by CDN's Editor-in-Chief, Jack Odle. View the full list and check for upcoming collections [here](#)!

Call for Papers: Impacts of Community Participation in Unlocking the Potential of Nutrition Interventions

Guest Edited by: Anna Lartey, Director of Nutrition at FAO (Rome) and by Stephanie Martin, Assistant Professor of Nutrition, University of North Carolina

Submissions deadline: September 30, 2021

More information can be found [here](#).

New ASN-IFT Joint Membership Offer

The American Society for Nutrition (ASN) and the Institute of Food Technologists (IFT) are pleased to offer ASN-IFT Joint Membership to ASN Regular and Associate Members and IFT Premier Members, combining benefits from both organizations to provide enhanced resources.

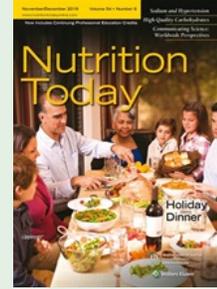


For a single membership fee, an individual can become a member of both organizations and have access to expanded member benefits from both ASN and IFT. Please visit nutrition.org/our-members/ for details under "Joint Memberships" or contact mem@nutrition.org with any questions.

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

ASN members can subscribe at exclusive rates and receive full online access at nutritiontodayonline.com including archived issues and mobile view. To subscribe, visit <https://shop.lww.com/Nutrition-Today/p/0029-666X> and enter the promo code **WKK391WW** at checkout for 40% off a 1 year subscription in print or online-only.



ASN Journal Highlights



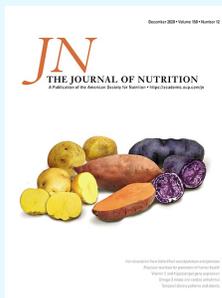
Current Issue

The American Journal of Clinical Nutrition (AJCN)

December 2020, 112 (6)

Editor's Choice Articles:

- [Race, ethnicity, and racism in the nutrition literature: an update for 2020](#). Christopher P Duggan, Anura Kurpad, Fatima C Stanford, Bruno Sunguya, Jonathan C Wells, *Am J Clin Nutr* 2020;112:1409–1414, <https://doi.org/10.1093/ajcn/nqaa341>.
- [Use of standardized body composition measurements and malnutrition screening tools to detect malnutrition risk and predict clinical outcomes in children with chronic conditions](#). Nara E Lara-Pompa, Susan Hill, Jane Williams, Sarah Macdonald, Katherine Fawbert, et al., *Am J Clin Nutr* 2020;150:1456–1467, <https://doi.org/10.1093/ajcn/nqaa142>.
- [High folic acid or folate combined with low vitamin B-12 status: potential but inconsistent association with cognitive function in a nationally representative cross-sectional sample of US older adults participating in the NHANES](#). Regan L Bailey, Shinyoung Jun, Lisa Murphy, Ralph Green, Jaime J Gahche, et al., *Am J Clin Nutr* 2020;150:1547–1557, <https://doi.org/10.1093/ajcn/nqaa239>.
- [Efficacy of different dietary patterns on lowering of blood pressure level: an umbrella review](#). Kanokporn Sukhato, Katika Akksilp, Alan Dellow, Prin Vathesatogkit, Thunyarat Anothaisintawee, *Am J Clin Nutr* 2020;150:1584–1598, <https://doi.org/10.1093/ajcn/nqaa252>.
- [A lipid-related metabolomic pattern of diet quality](#). Minoo Bagheri, Walter Willett, Mary K Townsend, Peter Kraft, Kerry L Ivey, et al., *Am J Clin Nutr* 2020;150:1613–1630, <https://doi.org/10.1093/ajcn/nqaa242>.



Current Issue

The Journal of Nutrition (JN)

December 2020, 150 (12)

Editor's Choice Articles:

- [Brain-E, Does It Equate to Brainy?](#) Maret G Traber, *J Nutr* 2020;150:3049–3050, <https://doi.org/10.1093/jn/nxaa303>.
- [Brain \$\alpha\$ -Tocopherol Concentration and Stereoisomer Profile Alter Hippocampal Gene Expression in Weanling Mice](#). Justin S Rhodes, Catarina Rendeiro, Jonathan G Mun, Kristy Du, Pragma Thaman, et al., *J Nutr* 2020;150:3075–3085, <https://doi.org/10.1093/jn/nxaa249>.
- [Iron Biofortified Potatoes; Every Little Bit Help](#). Richard F Hurrell, *J Nutr* 2020;150:3051–3052, <https://doi.org/10.1093/jn/nxaa311>.
- [Iron Absorption from Iron-Biofortified Sweetpotato Is Higher Than Regular Sweetpotato in Malawian Women while Iron Absorption from Regular and Iron-Biofortified Potatoes Is High in Peruvian Women](#). Roelinda Jongstra, Martin N Mwangi, Gabriela Burgos, Christophe Zeder, Jan W Low, et al., *J Nutr* 2020;150:3094–3102, <https://doi.org/10.1093/jn/nxaa267>.
- [The Effects of Different Forms of Lactoferrin on Iron Absorption](#) Ian J Griffin, *J Nutr* 2020;150:3053–3054, <https://doi.org/10.1093/jn/nxaa314>.
- [Iron Absorption is Greater from Apo-Lactoferrin and is Similar Between Holo-Lactoferrin and Ferrous Sulfate: Stable Iron Isotope Studies in Kenyan Infants](#). Nadja Mikulic, Mary A Uyoga, Edith Mwasi, Nicole U Stoffel, Christophe Zeder, et al., *J Nutr* 2020;150:3200–3207, <https://doi.org/10.1093/jn/nxaa226>.

Advances in Nutrition (AN)

November 2020, 11 (6)



Current Issue

Featured Articles:

- According to [Pei-Yu Wu et al.](#), the results of their analyses “suggest that the Mediterranean dietary pattern is related to a reduction in chronic, low-grade inflammation in older adults.” In particular, studies using monounsaturated fatty acids or olive oil as one of the components of a Mediterranean diet showed a significant reduction in circulating C-reactive protein, an indicator of inflammation.
- Protein supplementation is often recommended to prevent the loss of muscle mass among older adults. On the other hand, it could be counterproductive as protein can suppress appetite. [Sana Ben-Harchache et al.](#), however, find that “protein supplementation may suppress appetite under some conditions in older adults. However, there is either a positive effect or no effect on energy intake in both acute and longitudinal studies.”



Current Issue

Current Developments in Nutrition (CDN)

December 2020, 4 (12)

Featured Article:

- Results from the Sierra Leone Demographic and Health Survey show that local infant and young child feeding (IYCF) practices remain poor despite modest improvements. Recent studies have identified the role of grandmothers as critical to child nutrition; however, in Sierra Leone the potential for grandmothers to influence IYCF practices has not been investigated. In response, [Bridget A Aidam et al.](#) examined how an innovative “grandmother-inclusive approach” could be used to address sub-optimal IYCF practices in Sierra Leone, comparing outcomes among communities engaged in grandmother-inclusive nutrition education to outcomes among communities engaged in standard nutrition education. Results from the authors’ study suggest that “a grandmother-inclusive approach that recognizes grandmothers’ roles and strengthens their knowledge may contribute to improved IYCF practices.”

Highlights from Other Journals

- [Insulin Treatment Is Associated with Increased Mortality in Patients with COVID-19 and Type 2 Diabetes](#) [Yu B et al.] Cell Metab.
- [Altered nutrition behavior during COVID-19 pandemic lockdown in young adults](#)[Huber BC et al.] Eur J Nutr.
- [Obesity Shapes Metabolism in the Tumor Microenvironment to Suppress Anti-Tumor Immunity](#) [Ringel AE et al.] Cell.
- [The Influence of Mindful Eating and/or Intuitive Eating Approaches on Dietary Intake: A Systematic Review](#) [Grider HS et al.] J Acad Nutr Diet.
- [Metabolic engineering of tomato fruit enriched in L-DOPA](#)[Breitel D et al.] Metab Eng.
- [Review article: Probiotics, prebiotics and dietary approaches during COVID-19 pandemic](#)[Hu J et al.] Trends Food Sci Tech.

Important Dates

Mar 2021 (Virtual) [NUTRITION 2021 LIVE ONLINE Registration Opens](#) (Online)

Jun 7 – 10 (Virtual) [NUTRITION 2021 LIVE ONLINE](#) (Online)

Give Today - Support Tomorrow

Donate to support the next generation of nutrition scientists.

Donate to the
ASN Foundation

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