Virtual Member Update - Online Now

ASN President Lindsay Allen, PhD, RD, is hosting a virtual member update with other ASN leaders. Their presentation is now available online in video and podcast formats.

Click here to access both formats and submit your questions or comments.

Telephone Town Hall - Feb 25

Join ASN leaders and members next week for a live Telephone Town Hall for a discussion and opportunity to interact together.

Dial (855) 756-7520 Ext.71313# to join the Telephone Town Hall on Thursday, February 25th at 2:00 PM ET.

Learn More and Submit Your Questions or Comments

2021 Board of Directors Election

The 2021 Board of Directors Election ballot is open! Login to Cast Your Ballot by March 5 at 11:59 PM ET. The following positions are open:

- Vice President-Elect
- Secretary
- Treasurer-Elect
- Director-At-Large for Nutrition Population Science
- Nominating Committee
How to vote:
We’ve updated the voting process to be more convenient and secure for members. Please click below to access the ballot. You’ll be prompted to log in to your member dashboard with your ASN credentials. After logging in, you’ll see a link to view the candidate biographies and instructions for voting. If you have trouble logging in or casting your ballot, please contact mem@nutrition.org.

Login to Cast Your Ballot by March 5 at 11:59 PM ET

Mark Your Calendar for NUTRITION 2021 LIVE ONLINE

NUTRITION 2021 LIVE ONLINE returns June 7-10, 2021, with the great science, collaboration and inspiration you’ve come to expect -- in an all-virtual format for maximum accessibility and convenience.

Join a truly global audience to experience groundbreaking research, connect with peers from all over the world, engage with the greatest minds in nutrition, and see the latest technologies, products and services in the virtual exhibit hall.

NUTRITION 2021 LIVE ONLINE: The science, best practices, collaboration, and inspiration your mind craves.

REGISTRATION OPENS APRIL 6TH

Visit Nutrition.org/N21 for the latest information on NUTRITION 2021 LIVE ONLINE!

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.

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.

Please contact Griff Courtney at gcourtney@nutrition.org or 301-250-5958 to reserve a booth today.

Conversations in Nutrition & Obesity Research

A webinar series of ASN’s Obesity Research Interest Section

Join us as we converse with esteemed leaders in the field of nutrition and obesity research. We will learn
Medical Foods Webinar

Join ASN on Tuesday, March 2 at noon Eastern for a webinar “Medical Foods: Their role in therapeutic nutrition.” This webinar will help participants understand how medical foods are defined, their role in nutrition therapy, and how they are different from foods for special dietary uses. The webinar will also identify research gaps and other opportunities to get involved in the scientific and regulatory aspects of medical foods. 1 CPE is available. This webinar is being conducted in partnership with ASN and funded by the Healthcare Nutrition Council. Register today!

A FREE webinar series presented by the American Society for Nutrition

We hope you join ASN for the final webinar in this three-part webinar series which provide support navigating the 2020-2025 Dietary Guidelines for Americans which were released in late December 2020 by the U.S. Departments of Agriculture and Health and Human Services.

Experts in nutrition policy and members of previous Dietary Guidelines Advisory Committees will provide timely insights and recommendations.

Webinar 3: Designing, Implementing and Presenting Research to be Reviewed by the 2025 Dietary Guidelines for Americans Committee
Date: Wednesday, March 10, 2021
Time: 1 PM – 2 PM ET
CPE AVAILABLE
Click here to register!

*Capacity has been expanded for this webinar due to overwhelming demand for the earlier webinars in this series.

Learn about the first two webinars and accessing the recordings.

Register now for Harvard Symposium: Global Food Systems and Sustainable Nutrition in the 21st Century

The Nutrition Obesity Research Center at Harvard (NORCH) will be hosting their 22nd Annual Symposium on March 18-19, 2021.

This year’s plenary session will feature a live discussion about their career paths and research contributions and have time for questions and answers. Mark your calendars and register today for our first two programs:

**Wednesday, March 24 at 2 PM ET**
Susan Fried, PhD  
Professor and Director of Translational Adipose Biology and Obesity  
Diabetes, Obesity and Metabolism Institute  
Icahn School of Medicine at Mount Sinai

Register here

**Wednesday, April 28 at 2 PM ET**
James Hill, PhD  
Chair, Department of Nutrition Sciences  
Director, UAB Nutrition Obesity Research Center  
University of Alabama at Birmingham

Register here

Learn More
Symposium on June 15, 2021 from 8am to 5:30pm EST. The topic of this event is "Global Food Systems and Sustainable Nutrition in the 21st Century."

This symposium will feature an outstanding lineup of speakers who are experts in the fields of public health, global food systems, nutritional inequities, and sustainable nutrition. Additional event information, including the full speaker list, can be found on the event webpage. This event will be held virtually.

Click here to register now to secure your spot for this symposium, as a high volume of attendees is anticipated. Registration is free for all attendees.

ASN's annual video competition Understanding Nutritional Science is now open for submissions! Use your video skills to help educate the public about nutrition research! This competition is open to student, postdoc, and early career professional ASN members. Learn more and submit your video at www.nutrition.org/contest. The deadline to submit entries is February 26, 2021.

Supplement: The State of Evidence and Experiences in Double Fortified Salt (iodized salt with iron)

The WHO has stated that “iron deficiency, and specifically iron deficiency anemia, remains one of the most severe and important nutritional deficiencies in the world today.” In contrast to iron deficiency and iron deficiency anemia, the problem of iodine deficiency has largely been alleviated with the advent of iodine fortified salt, beginning in the 1920s. Iodine fortified salt has been particularly successful because salt is universally consumed in predictable amounts by all population groups around the world. The question is could the additional fortification of iodized salt with iron be as effective in eradicating iron deficiency and iron deficiency anemia? Published as a supplement in JN, The State of Evidence and Experiences in Double Fortified Salt (iodized salt with iron), presents the latest evidence to “help advise
Health & Nutrition Policy Updates

ASN Seeks Member Feedback on DRAFT Trust Documents

As part of ASN's trust initiative, ASN is pleased to share the following draft documents, Guiding Principles for Membership and a Model Disclosure Form, for the ASN membership's review and feedback. The Model Disclosure Form is in response to Recommendation #6: ASN should develop comprehensive conflict of interest disclosure statements that cover financial and other conflict of interest sources that serve as a model in nutrition science for use by its members, other stakeholder groups, and staff from the report, Best Practices in Nutrition Science to Earn and Keep the Public’s Trust. Please submit any feedback you may have at: https://nutrition.org/trust/ by March 1st. We appreciate feedback from the ASN membership on these draft documents. The drafts will be revised further based on the input received and the ASN Board of Directors will have final review and approval before implementation by ASN. Additional documents resulting from ASN's trust initiative will be shared for ASN member input following this initial review period.

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.

News from ASN Journals

The Journal of Nutrition Editor-in-Chief, Teresa A Davis, PhD, is pleased to welcome the following individuals as Associate Editors for JN.

Regan L. Bailey, PhD, RD, MPH
David Klurfeld, PhD
Gordon Howarth, PhD

Read more about the incoming Associate Editors for JN

The Journal of Nutrition Editor-in-Chief, Teresa A Davis, PhD, is pleased to welcome the following individuals as Editorial Board Members for JN.

Nabil Bosco, PhD
Rene’ Jacobs, PhD
Sharon Kirkpatrick, PhD, RD
Heather Leidy, PhD

Read more about the incoming Editorial Board Members for JN

The American Journal of Clinical Nutrition Editor-in-Chief, Christopher P. Duggan, MD, MPH, is pleased to welcome the following individuals as Editorial Board Members for AJCN.

Lydia A. Bazzano, MD, PhD, MPH
Jennie Brand-Miller, PhD
Baukje de Roos, MSc, PhD
T. Alp Ikizler, M.D.
Michael Müller, PhD
Martha Mwangome, PhD
Elizabeth Parks, PhD

Read more about the incoming Editorial Board Members for AJCN
2020 AJCN Year in Review with Christopher Duggan and Deirdre Tobias

In this episode, Editor Kevin C. Klatt, PhD, RD, the Dennis M. Bier MD Young Career, (virtually) sits down to talk with AJCN Editor-in-Chief, Christopher Duggan MD, MPH, and Academic Editor, Deirdre (DeeDee) Tobias, ScD, and reflect on the past year at AJCN. Stay tuned for Drs. Duggan and Tobias deep dive into some of the top Altmetric scoring papers from 2020!

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

Deadline: September 30, 2021

Guest Editors:
- Anna Lartey, University of Ghana
- Stephanie Martin, Assistant Professor of Nutrition, University of North Carolina

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/ under "Joint Memberships" or contact mem@nutrition.org with any questions.

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.

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.

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.
**The American Journal of Clinical Nutrition (AJCN)**
February 2021, 113 (2)

**Editor's Choice Articles:**

**The Journal of Nutrition (JN)**
February 2021, 151 (2)

**Editor's Choice Articles:**

**Advances in Nutrition (AN)**
January 2021, 12 (1)

**Featured Articles:**
- Time-restricted eating diets are popular, but are they more effective than calorie-restricted diets in achieving long-term weight loss? Sydney G. O'Connor et al. believe “a time-restricted eating diet strategy can pose considerable advantages over caloric restriction for promoting long-term weight loss maintenance.” The authors, however, note that long-term adherence to time-restricted eating strategies may be difficult.
- Reviewing 35 crossover studies, Han Youl Lee et al. concluded, “low-/no-calorie sweetener-sweetened foods and beverages (just as unsweetened foods and beverages) are viable alternatives to caloric sweetener-sweetened foods and beverages to help manage caloric intake acutely.” Additional studies are needed to better understand why low- or no-calorie sweeteners may lead to decreased total energy intake.

**Current Developments in Nutrition (CDN)**
February 2021, 5 (2)

**Featured Article:**
- Iron and zinc deficiencies are global health problems affecting 20% and 33% of the world's population, respectively. Rajib Podder et al. believe that fortifying lentils with iron and zinc could help solve these
deficiencies. In particular, lentils are a low-cost staple food in many regions around the world, making them an excellent target for fortification. The authors therefore developed a dual-fortification protocol to create a lentil product with enhanced iron and zinc bioavailability. The authors believe that consumption of their dual-fortified lentil product “can cost-effectively provide a significant part of the daily bioavailable iron and zinc requirements of people with these two globally important micronutrient deficiencies.” The result of their research also revealed “that the dual-fortification protocol could merge with the existing medium or large-scale commercial production of dual-fortified lentils in a biologically and culturally meaningful way.

Important Dates

- **Feb 25, 2021 2:00 PM ET (Virtual)**: ASN Telephone Town Hall. (855) 756-7520 Ext.71313# to join
- **Feb 26, 2021 (Virtual)**: ASN Annual Video Competition Deadline to Submit
- **Mar 2, 2021 12:00 PM ET (Virtual)**: Medical Foods Webinar
- **Mar 4, 2021 3:00 PM ET (Virtual)**: Tufts University and the Institute for the Advancement of Food and Nutrition Sciences, *Improving the Healthspan of Older Adults through Nutrition*
- **Mar 10, 2021 (Virtual)**: Webinar Series: Designing, Implementing and Presenting Research to be Reviewed by the 2025 Dietary Guidelines Advisory Committee
- **Mar 20 – 23, 2021 (Virtual)**: ASPEN 2021 Nutrition Science & Practice Conference (Online)
- **Mar 24, 2021 2:00 PM ET (Virtual)**: Conversations in Nutrition & Obesity Research: A webinar series of ASN’s Obesity Research Interest Section
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<th>Date</th>
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<tr>
<td>Apr 6 2021 (Virtual)</td>
<td>NUTRITION 2021 LIVE ONLINE Registration Opens</td>
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<tr>
<td>Apr 28 2021 2:00 PM ET (Virtual)</td>
<td>Conversations in Nutrition &amp; Obesity Research: A webinar series of ASN’s Obesity Research Interest Section</td>
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<tr>
<td>Apr 27 – 30, 2021 (Virtual)</td>
<td>Experimental Biology 2021 (Online)</td>
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<td>Jun 1 – 5 2021 (Virtual)</td>
<td>2021 ACSM Annual Meeting (Online)</td>
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Donate to support the next generation of nutrition scientists.

**Stay Connected with ASN**

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