ASN Nutrition Notes
Monthly Member e-Newsletter

January 2021 Edition

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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. Mark your calendars and make plans to 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.

Help shape the scientific discussion at NUTRITION 2021 LIVE ONLINE! Submit your abstract for a poster or oral presentation by February 8, 2021, 11:59PM ET. Gain visibility for your work, enhance your CV, and make significant contributions to the advancement of nutrition. Plus, undergraduate students, graduate students, medical students, medical trainees, and postdoctoral fellows can earn Abstract Recognition Awards. To learn more or submit your abstract, visit meeting.nutrition.org/abstracts.

Visit Nutrition.org/N21 for the latest information on NUTRITION 2021 LIVE ONLINE!
ASN Awards: Call for 2021 Nominations/Applications
Deadline: Friday, January 22, 2021, 11:59 PM ET

Submission Website: ASN Foundation Portal

Each year, the ASN Foundation’s awards program recognizes outstanding scientists, clinicians and scholars for significant contributions to nutrition research, education and practice.

Our awards span numerous areas of nutrition, targeting young, mid-career and senior investigators. For more information about the 2021 awards (listed below), including award descriptions and eligibility details, please click here. We look forward to honoring all award winners at NUTRITION 2021 LIVE ONLINE!

ASN Class of 2021 Fellows

Senior Investigator Lectureships:
- Bray Outstanding Scientific Achievements Award in Obesity Research
- Gilbert A. Leveille Lectureship and Award

Mid-Career Award:
- Nevin Scrimshaw Mid-Career Award in Global Nutrition

Young Investigator Awards:
- Bio-Serv Award in Experimental Animal Nutrition
- E.L.R. Stokstad Award
- Mary Swartz Rose Young Investigator Award
- Mead Johnson Award
- Norman Kretchmer Memorial Award in Nutrition and Development
- Peter J. Reeds Young Investigator Award
- Samuel J. Fomon Young Physician Award
- Vernon Young International Award for Amino Acid Research

Additional Award:
- ASN Industry Recognition Award

Other ASN Fellowships, Scholarships and Funding Opportunities:
- Ajinomoto Young Investigator Pilot Grant
- ASN Foundation Predoctoral Fellowship
- Herbalife Nutrition Scholarship

Don’t miss the opportunity nominate a colleague or apply!

Questions? Please contact awards@nutrition.org.

NUTRITION 2021 LIVE ONLINE Call for Abstract Reviewers

In anticipation of the quantity of abstracts which will be submitted for NUTRITION 2021 LIVE ONLINE, ASN’s flagship meeting which will be held virtually from June 7-10, 2021, ASN is currently seeking abstract reviewers.

We aim for each reviewer to receive no more than 10-15 abstracts to review. The abstract review period will take place from February 11-26, 2021. Please note that abstract reviewers should have completed their terminal degree. Current students cannot serve as abstract reviewers.

Abstract reviewers:
- Support the activities of their ASN Research Interest Section and/or Council;
- Elevate the quality of science presented at NUTRITION 2021 LIVE ONLINE; and
- Help their career development by placing this important duty on their CV.

Individuals interested in serving as an abstract reviewer can sign up at
ASN Announces Four PRICE Fellows

Protein in a Changing Environment – or PRICE - is a multi-stakeholder, interdisciplinary scientific effort examining the intersection of protein nutrition, food systems and health, domestically and globally, in a changing environment. PRICE is being conducted by the American Society for Nutrition in collaboration with the Keystone Policy Center.

Led by Daniel Raiten, PhD and John Finley, Chairs of ASN’s Climate, Health and Improved Nutrition Research Interest Section, the effort commenced this month with four days of presentations and discussions among an invited group of experts. Future events will review cross-cutting observations, condense ideas and prioritize next steps. Stay tuned for a future dialog with the broader nutrition community at NUTRITION 2021 LIVE ONLINE.

Four fellowships were established to engage young professionals in this effort. We thank all ASN members who took the time to apply and congratulate the following fellows chosen to take part:

- Naglaa El-Abbadi, PhD, MPH, Adjunct Lecturer, Friedman School of Nutrition Science and Policy at Tufts University
- Johnpaul Kagulire, MS, Graduate Research Assistant, Tuskegee University
- Natalie Lounsbury, PhD, PhD Candidate, University of New Hampshire
- Clayton Nevins, PhD, PhD Student, Soil and Water Sciences Department, University of Florida

Our PRICE Fellows are participating in discussions and presentations, developing key takeaways and working closely with the PRICE Scientific Committee to develop reports and communication tactics.

PRICE is being funded by the ASN Foundation through a public-private partnership. Special thanks to our sponsors: National Dairy Council, Bayer U.S. Crop Sciences, DuPont Nutrition & Biosciences, Egg Nutrition Center, Foundation for Food and Agriculture Research, General Mills, Kellogg Company, National Cattlemen’s Beef Association, United Soybean Board, USDA Agricultural Research Service and ASN.

More information can be found at PROTEIN in a Changing Environment | American Society for Nutrition.

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.
ASN Launches Webinar Series on 2020-2025 Dietary Guidelines for Americans

On December 29, 2020, the 2020-2025 Dietary Guidelines for Americans were released by the U.S. Departments of Agriculture and Health and Human Services. Join ASN for a three-part webinar series on understanding and using the new Guidelines.

- **Webinar 1: A Behind the Scenes Look at the Development of the 2020 Dietary Guidelines for Americans** | Friday, January 22, 2021 1PM - 2PM ET
- **Webinar 2: Utilizing Evidence Gaps Identified by the 2020 Dietary Guidelines Advisory Committee Report to Inform Research Priorities** | Friday, February 10, 2021 1PM - 2PM ET
- **Webinar 3: Designing, Implementing and Presenting Research to be Reviewed by the 2025 Dietary Guidelines Advisory Committee** | Friday, March 10, 2021 1PM - 2PM ET

**Seats are filling up! Register now for the first webinar in the 3-part series, scheduled for January 22, 2021.**

Learn More and Register

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**Coming Soon - Virtual Member Update**

ASN President Lindsay H. Allen, PhD, RD, will present a Virtual Member Update in February. A video will be available for members to view on demand and will be followed by a live Q&A session on February 25th at 2:00PM ET. Learn about news and activities at ASN and get a chance to interact with leadership. Members will be notified when the video is available.

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**UNDERSTANDING NUTRITIONAL SCIENCE VIDEO CONTEST**

Show us how your research benefits public health!

The first place video will be shown at NUTRITION 2021 LIVE ONLINE!

DEADLINE TO SUBMIT IS FEBRUARY 26!

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The American Society for Nutrition Foundation (ASNF) thanks you, the more than 400 generous donors, who supported your professional home in 2020! This past year brought many hurdles and disruptors but there is a silver lining – a new year ahead with strong momentum thanks to you! Your generosity will help support ASNF’s goals in 2021 of broadening our awards and scholarships portfolio,
creation of new ways to provide support for early- and mid-career nutrition professionals, and
strengthening our support of diversity and inclusion throughout all ASN activities.

It’s never too late or too early to be a part of ASNF’s vision. If you missed the opportunity to express your
support and appreciation for all your Society does, your generosity is still welcomed. We need your
support now more than ever to both celebrate the continued advancements made in nutrition science,
education and practice and plan for our tomorrow. Simply click on the “Donate Now” button below. We all
thank you!

Donate Now

Wondering how you can have an even greater impact or create a legacy? Visit the ASNF website to learn
more about creating an Endowment, making a Tribute/Memorial Gift, or including ASNF in your Estate
Planning. Planned giving options include bequests, beneficiary arrangements and more. Contact Keith
Dillon, ASN Foundation Vice President, at kdillon@nutrition.org to schedule a convenient time to explore
options that best fits your interests and plans.

Member-Get-A-Member Program

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.

Download the ASN Connect App

ASN’s Members Only Social Media Platform*

Download the ASN Connect App for Apple or Android devices or login at http://connect.nutrition.org
using your ASN member credentials. ASN Connect is the new online community for ASN members. Get
updates from ASN and communicate with ASN GEMs (Groups Engaging Members). Login and use ASN
Connect to:

- Create a personal profile and connect to LinkedIn,
- Customize and sort your Live Feed,
- Share links, images, videos and attachments in posts,
- Like or comment on posts made by others,
- Send links, direct messages, and receive alert notifications,
Join any of the 20+ Groups Engaging Members (GEMs),
Search the directory of users and more!

Contact mem@nutrition.org if you have any questions. If you haven't already done so, activate your free ASN Connect member account at http://connect.nutrition.org.

*Please note, ASN Connect is set to officially replace ASN NutriLink in early 2021. At this time, members are no longer able to post within the ASN Communities using NutriLink.

Health & Nutrition Policy Updates

ASN Supports NIH Office of Nutrition Research Transfer within the Office of the Director
Dr. Francis Collins, Director of the National Institutes of Health (NIH), announced that the NIH has begun the official transfer of Office of Nutrition Research (ONR) from the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) to the Division of Program Coordination, Planning, and Strategic Initiatives (DPCPSI) within the Office of the Director. NIH received overwhelmingly supportive public comments on the proposed transfer from ASN, among other groups, and gained approval from the Council of Councils, an advisory group on DPCPSI policies and activities, that met on December 30, 2020. The presentation of Dr. Griffin P. Rodgers, Director of NIDDK, described the ONR transfer to the Council. This reorganization enables the ONR as a trans-NIH effort that will enhance engagement of the NIH Institutes and Centers in implementing the 2020-2030 Strategic Plan for NIH Nutrition Research. New collaborations and relationships focused on nutrition research within and outside NIH can ensure coordination and expand the breadth of research initiatives on diet-related diseases across the lifespan.

ASN Shares Recommendations with Incoming Biden Administration
In a letter to President-Elect Biden, ASN shared a number of recommendations to advance the field of nutrition science.

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.

Happy New Year to all of our reviewers!
We are so grateful for your time, service, and dedication to the journal in 2020. Thank you for all you do!
ASN's journal Editors thank the following individuals, in addition to the Editorial Board Members, for taking the time necessary to evaluate original manuscripts. Anonymous, conscientious, fair, and timely peer review is the lifeblood of the journal.

Thank you to our 2020 reviewers!

The Journal of Nutrition
The American Journal of Clinical Nutrition
Advances in Nutrition
Current Developments in Nutrition

2020 Top Reviewers: We are especially grateful to the 20 individuals listed below who reviewed a combined total of 341 manuscripts submitted to ASN journals last year.

- Ana Aguilar Lozano, Instituto Nacional de Medicina Genómica, for CDN
- Werner Bergen, Auburn University, for JN
- Mary Camire, University of Maine, for AN
- Oliver Chen, Merieux NutriSciences, for AN
- Glenda Courtney-Martin, SickKids, for JN
- Nathan D'Cunha, University of Canberra, for CDN
- Nicole Delimont, Wichita State University, for CDN
- William Harris, OmegaQuant, for JN
- Harriet Kuhnlein, McGill University, for CDN
- Jung Kwon, Oregon State University, for CDN
- Kenneth Lo, Brown University, for AJCN
- Jing Lu, University of Chicago, for AN
- Oonagh Markey, Loughborough University, for JN
- Joe Millward, University of Surrey, for AJCN
- Andrew Odegaard, University of California, Irvine, for AJCN
- Caroline Richard, University of Alberta, for JN
- Fred Tabung, The Ohio State University, for AN
- Inge Tetens, University of Copenhagen, for AJCN
- Connie Weaver, Purdue University, for AJCN

CDN Reviewer Incentives, Call for Volunteers

*Current Developments in Nutrition* is pleased to offer a 10% discount off of article processing charges to reviewers who submit a high-quality review in less than 7 days. Articles should be submitted to CDN within the next 12 months of the award. To volunteer to review, register or update the keywords and classifications in your profile [here](https://cdn.submit@nutrition.org). You may also e-mail us your interest in reviewing at [cdnsubmit@nutrition.org](mailto:cdnsubmit@nutrition.org).

Just Published! Does the concept of 'food addiction' help inform the understanding of overeating and obesity?

Arguing Yes: Ashley Gearhardt, University of Michigan

Arguing No: Johannes Hebebrand, University of Duisburg-Essen

Debate Articles:

1. The concept of 'food addiction' helps inform the understanding of overeating and obesity: YES
2. The concept of 'food addiction' helps inform the understanding of overeating and obesity: NO
3. The concept of 'food addiction' helps inform the understanding of overeating and obesity: Debate Consensus

*Current Developments in Nutrition* Call for Papers:

Impacts of Community Participation in Unlocking the Potential of Nutrition Interventions

Deadline: September 30, 2021

Guest Editors:

- Anna Lartey, Director of Nutrition at FAO (Rome)
- Stephanie Martin, Assistant Professor of Nutrition, University of North Carolina

On August 13–14, 2019, the Healthcare Nutrition Council and the ASN held the Medical Foods Workshop: Science, Regulation, and Practical Aspects. Medical food products help patients manage their disease and improve their quality of life. Yet many hurdles exist to getting patients new products. In this workshop, participants addressed some of these hurdles, with specific emphasis on topics like the statutory term **distinctive nutritional requirements**, the regulatory term **modification of the diet alone**, the role of clinical guidelines, the requirement that medical foods be used under medical supervision, and differentiation of foods for special dietary use from medical foods, as well as product innovation and future research. Real-world examples were discussed for intractable epilepsy, diabetes, end-stage renal disease, and inflammatory bowel disease.

**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/](nutrition.org/our-members/) for details 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](nutritiontodayonline.com) including archived issues and mobile view. To subscribe, visit [https://shop.lww.com/Nutrition-Today/p/0029-666X](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**

*The American Journal of Clinical Nutrition (AJCN)*

January 2021, 113 (1)

**Editor's Choice Articles:**

- [The importance of food systems and the environment for nutrition](https://doi.org/10.1093/ajcn/nqaa313)
- [Vitamin D in human serum and adipose tissue after supplementation](https://doi.org/10.1093/ajcn/nqaa313)
Current Issue


**Nutrients in Complementary Feeding Protect Against Wasting, but Not Stunting: Results from a Multi-Country Longitudinal Cohort Study.** Daniel J Hoffman, *J Nutr* 2021;151:5–6, [https://doi.org/10.1093/jn/nxaa334](https://doi.org/10.1093/jn/nxaa334).


**Lack of consistency across the studies regarding study design, types of nut used, and cognitive outcomes measured resulted in inconsistent evidence that the regular consumption of mixed nuts has a protective effect on cognition in adults of different ages.** Nonetheless, studies targeting populations with a higher risk of cognitive decline tended to find more favorable outcomes.

**The risk of breast cancer declines with increased intakes of fruits, vegetables, soybeans, and cheese, according to Asma Kazemi et al.** On the other hand, increased intakes of red meat and processed meat were associated with an increased risk of breast cancer. The authors did note that the relationship between dairy consumption and breast cancer risk is more complex and controversial.

**Evidence suggests that maternal diets are important for optimizing both maternal and offspring health; however, we have lacked comprehensive profiles of maternal diets throughout pregnancy.** In response, Stefanie N Hinkle et al. set out to characterize maternal diets by trimester, race and ethnicity, and pre-pregnancy BMI, working with a longitudinal U.S. cohort of 2,334 pregnant women. The Healthy Eating Index was used as a benchmark for diet quality. The authors
Current Issue

found that maternal dietary quality was “suboptimal, lacking in many of the healthy components recommended by guidelines outside of pregnancy.” Overall, the authors’ findings highlight the need for more research on the development of effective interventions to improve dietary quality among pregnant women, with particular attention required for non-Hispanic Black women and with obesity.

Highlights from Other Journals

- **Effect of Bimagrumab vs Placebo on Body Fat Mass Among Adults With Type 2 Diabetes and Obesity A Phase 2 Randomized Clinical Trial** [Heymsfield SB et al.] *JAMA Netw Open.*
- **Socioeconomic status and cardiovascular health in the COVID-19 pandemic** [Naylor-Wardle J et al.] *Heart.*
- **Pathways to better nutrition in South Asia: Evidence on the effects of food and agricultural interventions** [Dizon F et al.] *Glob Food Sec.*
- **Personalised nutrition for older adults: design challenges, SME barriers, and options and competencies for innovation** [Hogan MJ et al.] *Int J Food Sci Nutr.*
- **Food allergy as a biological food quality control system** [Florsheim EB et al.] *Cell.*

Important Dates

- **Jan 22, 2021**
  - **ASN Awards: Call for 2021 Nominations/Applications**
    - **Deadline**

- **Jan 22, 2021**
  - **Webinar Series: A Behind the Scenes Look at the Development of the 2020 Dietary Guidelines for Americans**
    - **(Virtual)**

- **Feb 8, 2021**
  - **Abstract Submission Deadline for NUTRITION 2021 LIVE ONLINE**

- **Feb 10, 2021**
  - **Webinar Series: Utilizing Evidence Gaps Identified by the 2020 Dietary Guidelines Advisory Committee Report to Inform Research Priorities**
    - **(Virtual)**

- **Mar 10, 2021**
  - **Webinar Series: Designing, Implementing and Presenting Research to be Reviewed by the 2025 Dietary Guidelines Advisory Committee**
    - **(Virtual)**

- **Mar 20 – 23, 2021**
  - **ASPEN 2021 Nutrition Science & Practice Conference**
    - **(Virtual)**

- **Mar 2021**
  - **NUTRITION 2021 LIVE ONLINE Registration Opens**
    - **(Online)**
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