



# NUTRITION notes

YOUR MONTHLY MEMBER NEWSLETTER

ASN Nutrition Notes  
Monthly Member  
e-Newsletter

November  
2020 Edition

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# NUTRITION LIVE ONLINE 2021

Where the **Best** in Science & Health Meet  
June 7-10, 2021

## Join Us Online for Nutrition 2021

Due to ongoing COVID-19 concerns and uncertainty around travel restrictions, ASN's 2021 flagship meeting will be presented virtually to ensure safety, accessibility and convenience while offering an immersive learning and networking experience. Mark your calendar for June 7-10, 2021 for NUTRITION 2021 LIVE ONLINE.

NUTRITION 2021 LIVE ONLINE will be a rich, interactive experience that you can join from anywhere in the world, offering great content in the form of lectures, scientific sessions, satellite sessions, virtual abstract presentations, virtual exhibits, and more. It's the great science, collaboration and inspiration you've come to expect from ASN conferences – with the added benefit of being accessible from anywhere in the world with your laptop, tablet or mobile phone.

[Read more](#) about this decision and provide your email to be the first to hear exciting announcements and be alerted when

ASN American Society for Nutrition  
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**NUTRITION LIVE ONLINE 2021**  
Where the **Best** in Science & Health Meet

Join us **LIVE ONLINE** June 7-10, 2021

## ASN GEMs Update

ASN's GEMs (Groups Engaging Members) are in the process of forming their 2021 Leadership Committees. If you are interested in submitting an application for a leadership position, please visit ASN Connect and complete the submission form posted within the GEMs page. If the GEM does not have a submission form posted, please contact Griff Courtney at [gcourtney@nutrition.org](mailto:gcourtney@nutrition.org) to express interest/desire. Elections will be held in the late part of November/early December, and votes will be collected through ASN Connect as well. We look forward to receiving your submission and/or input on the leadership teams for the coming new year!

## 2020 Giving Season – Show Your Support of the ASN Foundation with a 2020 Charitable Donation!

Members and friends like you helped the [American Society for Nutrition Foundation \(ASN Foundation\)](#) respond quickly to the COVID-19 pandemic. As the world changed around us this past year, your ASN Foundation helped ensure that nutrition science and its translation and application to practice didn't suffer. Through the generosity of those like you in our ASN Foundation community we were able to offer complimentary registration for NUTRITION 2020 LIVE ONLINE, reaching a record 30,000 nutrition professionals worldwide with the latest nutrition science and education.

[You can show your appreciation and invest in the future with your gift today.](#)

Your generosity during this 2020 Season of Giving will help our Society continue to respond to crises while building a bright future for nutrition professionals across the globe. Please consider including your ASN Foundation in your charitable giving plans. All donations make a difference!

From our ASN Foundation family to yours, we wish you and your loved ones health and happiness this holiday season.

**DONATE  
NOW**



### Available for Download: ASN Connect App!

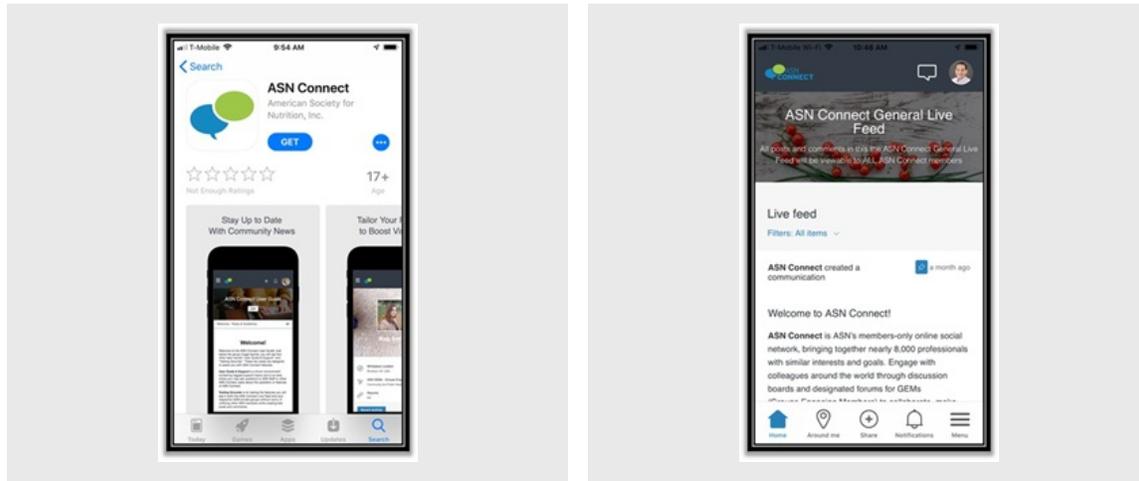
*ASN's Members Only Social Media Platform*

The **ASN Connect App** is now available for download from the Apple App Store for iOS and on Google Play for Android devices. After downloading the app, login using your ASN member credentials. ASN Connect is a 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!

Contact [mem@nutrition.org](mailto: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>.



## 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](mailto:education@nutrition.org).

## New ASN Job Board

With the new [ASN Job Board](#), you can reach high-quality candidates within the trusted ASN network, including thousands of nutrition professionals worldwide who come to us for the latest scientific research findings. Share your job opening 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, ~~row~~ 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 reach qualified candidates with experience in nutrition. The ASN Job Board is a convenient and cost-effective resource for connecting with a focused pool of job seekers, with additional benefits including:

- 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](http://nutrition.mcjobboard.net)!



## Health & Nutrition Policy Updates

**ASN Call for Applications for 2021 Science Policy Fellows**  
The call for applications for ASN's [2021 Science Policy Fellowship](#) is open **through Monday, December 21, 2020!** ASN



is pleased to offer 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. Check out [nutrition.org/public-affairs/asn-science-policy-fellowship/](https://nutrition.org/public-affairs/asn-science-policy-fellowship/) for more information and make plans to apply!

### ASN Board Approves Guiding Principles Related to Trust Initiative

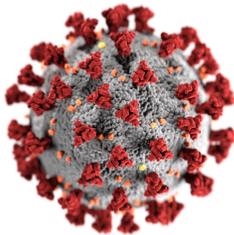
As part of ASN's [trust initiative](#), the ASN Board recently approved [Guiding Principles for ASN Relationships with Entities at Interest](#) and [Guiding Principles for Managing and Conducting](#)

[Nutrition Research Funded by Entities at Interest](#). These are in response to **Recommendation #1**: ASN should develop a rigorous, transparent approach to co-sponsoring and managing all activities financially supported by "entities and/or individuals at interest." and **Recommendation #4**: ASN should develop guidelines for its members in managing and conducting nutrition research funded by entities at interest – often those with a financial stake in the outcomes of the funded work. We appreciate all feedback received from ASN members to help shape these documents!

### ASN Submits Comments on NIH Precision Nutrition Initiative

ASN submitted [comments](#) to the National Institutes of Health (NIH) in response to a Request for Information on "Data Science Challenges and Opportunities in the Field of Precision Nutrition." NIH will hold a **January 11-12, 2021**, [Precision Nutrition: Research Gaps and Opportunities Workshop](#). The **submission deadline for abstracts is November 20, 2020**. The new NIH Common Fund's Nutrition for Precision Health, powered by the All of Us Research Program (NPH) also published six Notices of Intent to Publish Funding Opportunity Announcements (see below). Applications are not being solicited at this time. The program is expected to publish the official Funding Opportunity Announcements (FOAs) in January 2021. More details about the NPH program will be posted on the [NIH Common Fund](#) website.

- [Artificial Intelligence for Multimodal Data Modeling and Bioinformatics Center \(U54 Clinical Trial Not Allowed\) \(NOT-RM-21-001\)](#)
- [Metabolomics and Clinical Assays Center \(U24\) \(NOT-RM-21-002\)](#)
- [Microbiome and Metagenomics Center \(U24 Clinical Trial Not Allowed\) \(NOT-RM-21-003\)](#)
- [Dietary Assessment Center \(U24 Clinical Trial Optional\) \(NOT-RM-21-006\)](#)
- [Clinical Centers \(UG1 Clinical Trial Required\) \(NOT-RM-21-007\)](#)
- [Research Coordinating Center \(U24 Clinical Trial Not Allowed\) \(NOT-RM-21-008\)](#)



## 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**.



## Nutrition, Sleep, & Time

Discover a new collection, featuring content from [SLEEP](#)® and the American Society for Nutrition journals.

### Nutrition Science – Now in Your Ears!

[The AJCN In Press podcast](#) provides listeners with expert interviews in the field, keeping you up to date

with the latest research on all areas of clinical nutrition. AJCN's monthly podcast series is hosted and produced by Kevin C. Klatt, PhD, RD in his role as Dennis Bier MD Young Career Editor.

We hope you enjoy! Please rate & subscribe on Apple Podcasts or via your favorite podcasting service platform.

Introducing   
**AJCN  
In Press**

Listen now 



### Celebrating 10 Years of *Advances in Nutrition*

Ten years ago, with dedication and hard work, Professor John Suttie launched the first review journal for the American Society of Nutrition, *Advances in Nutrition* (AN). The inaugural issue was published in November 2010 with five review articles and a Nutrient Information brief. Within this first decade of the journal, it has moved to become ASN's highest-ranked journal by [Impact Factor](#). Founders of *Advances in Nutrition* have sent their [reminiscences and congratulations in this blog post](#).

### Welcome Dr. Sarah McNaughton

[The Current Developments in Nutrition](#) Editor-in-Chief, Jack Odle, PhD, is pleased to welcome Sarah McNaughton, PhD, as Academic Editor. She is the Deputy Director of the Institute for Physical Activity and Nutrition (IPAN), School of Exercise and Nutrition Sciences, Faculty of Health, Deakin University, in Melbourne, Australia, where she is also a Professor at the School of Exercise and Nutrition Sciences. Dr. McNaughton has strong expertise in the area of nutrition and behavior, with a focus on the assessment of dietary behaviors, diet quality and dietary patterns.



## New ASN-IFT Joint Membership Offer



*feeding the minds  
that feed the world*

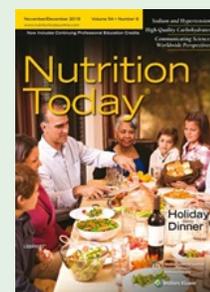
The American Society for Nutrition (ASN) and the Institute of Food Technologists (IFT) are pleased to offer ASN-IFT Joint Membership to ASN Regular and Associate Members and IFT Premier Members, combining benefits from both organizations to provide enhanced resources.

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/](https://nutrition.org/our-members/) for details under "Joint Memberships" or contact [mem@nutrition.org](mailto: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 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](https://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

*The American Journal of Clinical Nutrition (AJCN)*



Current Issue

November 2020, 112 (5)

### Editor's Choice Articles:

- [A conceptual model for understanding the rapid COVID-19–related increase in food insecurity and its impact on health and healthcare.](#) Anna M Leddy, Sheri D Weiser, Kartika Palar, Hilary Seligman, *AJCN* 2020;112, 1162–1169, <https://doi.org/10.1093/ajcn/nqaa226>.
- [A randomized crossover trial on the effect of plant-based compared with animal-based meat on trimethylamine-N-oxide and cardiovascular disease risk factors in generally healthy adults: Study With Appetizing Plantfood—Meat Eating Alternative Trial \(SWAP-MEAT\).](#) Anthony Crimarco, Sparkle Springfield, Christina Petlura, Taylor Streaty, Kristen Cunanan, et al., *AJCN* 2020;112:1188–1199, <https://doi.org/10.1093/ajcn/nqaa203>.
- [Maternal dietary intake of fish and PUFAs and child neurodevelopment at 6 months and 1 year of age: a nationwide birth cohort—the Japan Environment and Children's Study \(JECS\).](#) Kei Hamazaki, Kenta Matsumura, Akiko Tsuchida, Haruka Kasamatsu, Tomomi Tanaka, et al., *AJCN* 2020;112:1295–1303, <https://doi.org/10.1093/ajcn/nqaa190>.
- [Future-proof and sustainable healthy diets based on current eating patterns in the Netherlands.](#) Roline Broekema, Marcelo Tyszler, Pieter van 't Veer, Frans J Kok, Agnès Martin, et al., *AJCN* 2020;112:1338–1347, <https://doi.org/10.1093/ajcn/nqaa217>.



Current Issue

### The Journal of Nutrition (JN)

November 2020, 150 (11)

### Editor's Choice Articles:

- [Reducing Child Stunting: Moving Forward on Evaluating Effectiveness of Programs.](#) Kathryn G Dewey *J Nutr* 2020, <https://doi.org/10.1093/jn/nxaa278>.
- [Impact Evaluation of a Comprehensive Nutrition Program for Reducing Stunting in Children Aged 6–23 Months in Rural Malawi.](#) Parul Christian, Kristen M Hurley, John Phuka, Yunhee Kang, Julie Ruel-Bergeron, et al., *J Nutr* 2020; <https://doi.org/10.1093/jn/nxaa236>
- [Overlapping Vitamin A Intervention Programs: Should We Be Concerned with Excessive Intakes?.](#) Georg Lietz, *J Nutr* 2020; <https://doi.org/10.1093/jn/nxaa288>
- [Overlapping Vitamin A Interventions with Provitamin A Carotenoids and Preformed Vitamin A Cause Excessive Liver Retinol Stores in Male Mongolian Gerbils.](#) Margaret Sowa, Luciana Mourao, Jesse Sheftel, Mikayla Kaeppler, Gabrielle Simons, et al., *J Nutr* 2020; <https://doi.org/10.1093/jn/nxaa142>
- [A Novel Combination of Fruits and Vegetables Prevents Diet-Induced Hepatic Steatosis and Metabolic Dysfunction in Mice.](#) Weimin Guo, Dayong Wu, Maria C Dao, Lijun Li, Erin D Lewis, et al., *J Nutr* 2020; <https://doi.org/10.1093/jn/nxaa259>



Current Issue

### Advances in Nutrition (AN)

November 2020, 11 (6)

### Featured Articles:

- [Thanitsara Rittiphairoj](#) et al. conducted a meta-analysis working with data from 1,947 subjects in 28 randomized controlled trials. Findings suggest a glucose-lowering effect of probiotics among type 2 diabetes patients, especially those with poorly controlled diabetes and those not on insulin therapy. Authors note, “probiotics also may have a beneficial glycemic effect in adults with prediabetes,” but more is research needed.
- Meta-analyses working with pooled data from cross-sectional and longitudinal studies have found a link between coffee consumption and a lower risk of metabolic syndrome. [Tommy H. T. Wong](#) et al. believe those studies “could lead to potentially misleading conclusions.” Instead, their review sought to “reassess this association by analyzing data from the 2 types of studies separately” as well as analyzing the most recent studies.”

### Current Developments in Nutrition (CDN)

November 2020, 5 (11)



## Current Issue

### Featured Article:

- What happens to food and nutrition security when one government administration is on the way out and another administration is on the way in, in particular when professionals responsible for food and nutrition security may lose their jobs. [Jessica L. Escobar-Alegria et al.](#) offer a case study from Guatemala addressing this question. The authors conducted 52 interviews with individuals representing all sectors of the country's national food and nutrition security system. Moreover, the majority of interviewees had direct experience in implementing food and nutrition security programs during times of government transition. In addition, 252 relevant news articles were analyzed. In conclusion, the authors noted that "understanding the extent to which terminal logic behavior and strategic defection occur at all governmental levels and affect sustainability is advantageous to being able to develop compensatory actions." The authors noted that case studies are needed to see how other countries cope in times of transition.

## Highlights from Other Journals

- [The Efficacy and Safety of Vitamin C for Iron Supplementation in Adult Patients With Iron Deficiency Anemia: A Randomized Clinical Trial](#) [Li et al.] JAMA Netw Open.
- [The acceptance of zinc biofortified rice in Latin America: A consumer sensory study and grain quality characterization](#) [Woods et al.] PLOS One.
- [Effects of dietary macronutrients on liver fat content in adults: a systematic review and meta-analysis of randomized controlled trials](#) [Winters-van Eekelen et al.] Eur J Clin Nutr.
- [Clinical Nutrition Research and the COVID-19 Pandemic: A Scoping Review of the ASPEN COVID-19 Task Force on Nutrition Research](#) [Mechanick et al.] J Parenter Enter Nutr.

## Important Dates

Nov 20  
(Virtual)

[ILSI North America Webinar: A Predictive Index for Health Status Based on Gut Microbiome Profiling](#) (Online)

Dec 1  
(Virtual)

[ILSI North America: Current Developments in Dietary Sodium and Gut Microbiome](#) (Online)

Dec 14-15  
(Virtual)

[ILSI North America – 12th Vahouny Fiber Symposium](#) (Online)

Dec 2020  
(Virtual)

[NUTRITION 2021 LIVE ONLINE Abstract Submission Opens](#) (Online)

Dec 2020  
(Virtual)

[NUTRITION 2021 LIVE ONLINE Exhibit and Sponsorship Sales Opens](#) (Online)

Mar 2021  
(Virtual)

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

Jun 7 – 10  
(Virtual)

[NUTRITION 2021 LIVE ONLINE](#) (Online)

## Give Today - Support Tomorrow

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