



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

Greetings from the President: Robert M. Russell, MD

Call for Volunteers

Volunteers are at the heart of ASN's work -- providing valuable leadership to the ASN Executive Board and the ASN membership. Many of our programs are shaped as a result of the time and knowledge contributed by our volunteers. Therefore, we are pleased to remind you to respond to this year's Call for Volunteers. We need your skills and perspectives to build a diverse and multidisciplinary corps of volunteer leaders throughout our committees and member groups.

ASN 2011-12 President Sharon Donovan will make appointments this spring for ASN [committees](#) and other groups. The next volunteer year begins June 1, 2011; appointments for ASN committees are generally three-year commitments. To indicate your interest in serving as an ASN volunteer, please log in to the [members' only area](#) of our website and click on "[Update My Member Profile](#)." Select the box to enroll in the Volunteer Interest Group; you can indicate any specifically requested groups or appointments in the Notes section. You can also email the [ASN Secretariat](#) and attach a CV/résumé. **You must reply to the Call for Volunteers by Friday, January 7.**

And don't forget, many of ASN's Research Interest Sections and Councils will sign up volunteers and/or elect officers at their business meetings at EB 2011. We hope to include you as a 2011-2012 volunteer!

Supporting Members

Thank you to all our members who have shown generosity [by donating](#) to ASN! There is still time to donate before the end of the year, and all members who donate will be recognized as a [Supporting Member](#) of ASN and the ASN Research Foundation. A year-end gift will help us resource many of the Foundation's potential awards, grants, and programs. Your gift is entirely tax-deductible per U.S. regulations, and could result in significant tax savings.

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Job Opportunity

Department Head

Animal and Rangeland Sciences

Oregon State University College of Agricultural Sciences

Visit the [full job description](#) online or [apply here](#).

This is a paid advertisement. [Email us](#) for rates and additional information.

Upcoming Events

Dec. 16. ASN, ASBMR and IOM [Dietary Reference Intakes for Calcium and Vitamin D: IOM Report Highlights and Discussions about Research Needs and Applications](#). Online. 1:30 p.m. ET.

Feb. 25-27, 2011. [ASN's Advances and Controversies in Clinical Nutrition](#). San Francisco, CA.

Mar. 11-12, 2011. Jean Mayer USDA HNRCA at Tufts University [New Developments in Carotenoids Research](#). Co-Sponsored by ASN. Boston, MA.

Apr. 7, 2011. EB 2011 Pre-Conference Satellite. The Global Nutrition Transition: The Role of Protein Supplementation. Sponsored by Solae and Herbalife. Washington, DC. 1-5 pm.

Apr. 8, 2011. EB 2011 Satellite Session: [Heart Healthy Omega-3s for Food: Stearidonic Acid as a Sustainable Choice](#). Sponsored by Solae and Monsanto. Washington, DC.

Apr. 9-13, 2011. [ASN's Scientific Sessions and Annual Meeting](#) at Experimental Biology 2011. Washington, DC.

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Pubcast videos feature authors of studies in [JN](#) and

Public Policy News

The House committees are getting ready for new leaders as President Obama proposes a compromise on tax issues. Read the [entire public policy newsletter](#) for a complete look at the Food Safety legislation and other nutrition issues.

Advances & Controversies in Clinical Nutrition Conference

Submit Your Abstract!

December 29 is the deadline to [submit an abstract](#) to the upcoming Advances and Controversies in Clinical Nutrition Conference, organized by ASN's Medical Nutrition Council. The conference will be held February 25-27, 2011, in San Francisco, CA.

You can view a [PDF of the complete program](#), containing the schedule, continuing education credit details, general information, abstract submission instructions, and registration, hotel & travel specifics. To request a hard copy of the conference program, please email meetings@nutrition.org. In addition, [summaries of each lecture, session and workshop](#) have been posted on the ASN website.

The program includes a variety of lectures and workshops. Two workshops on Sunday, February 27 will address "**Techniques for Effective Nutrition Behavior Change**" and "**Medical Nutrition Therapy in Diabetes**." Two workshops Sunday morning will use case studies to cover critically important practical issues. Daniel Bessesen, MD will lead a discussion on how behavior change can be facilitated. In other words, can lifestyle modification actually occur in most patients? Judith Wylie-Rosett, EdD, RD will discuss medical nutrition therapy in diabetes. Do people with diabetes need to eat differently than those without the disease? Is the optimal meal plan for type 2 patients simply caloric restriction? What about glycemic index and glycemic load?

Visit the [ASN website](#) for more information on satellite sessions, exhibits, other sponsorship opportunities, and continuing education credit. Registrants receive FREE AMA PRA Category 1 CME for Physicians, CPE for Registered Dietitians, and Category 1 CECH in Health Education for CHES.

Upcoming Deadlines:

- [Abstract Submission](#): December 29
- [Early Registration](#): January 14
- [Hotel Reservations](#): February 2



ASN Scientific Sessions and Annual Meeting at Experimental Biology

Late-breaking abstract submission [is now open](#), with a deadline of **February 9**. Please note the other deadlines below as you make plans to attend ASN's Scientific Sessions and Annual Meeting in Washington, DC, April 9-13.

Upcoming Deadlines:

- [Early Registration](#): February 9
- [Hotel Reservations](#): March 4
- [EB 2012 Symposia Proposals](#): March 15

ASN's [preliminary program](#) can be viewed online.

Program Highlight:

The Global Nutrition Transition: The Role of Protein Supplementation

Thursday, April 7, 2011

Sponsored by Herbalife and Solae

This satellite pre-conference will focus on the importance of protein nutrition in the global nutrition transition which involves combating both malnutrition and obesity. The provision of carbohydrates and fats has been viewed as having an economic benefit over proteins and a lesser impact on the environment than the development of protein sources. This symposium will also include panel discussions to arrive at consensus on critical points in the consideration of food science and public policy with regards to protein supplementation strategies. In particular, the role of plant proteins including those produced to selective breeding

[AJCN](#) discussing their work. Learn more about various studies, straight from the authors.

The latest *JN* video is a discussion of the following study: *Identification of Zyklopen, a New Member of the Vertebrate Multicopper Ferroxidase Family, and Characterization in Rodents and Human Cells*.

Call for Nominations: Food/Nutrition Case Studies

A call for nominations has been issued for exemplary case studies for the Ag, Food, Nutrition, and Natural Resources R&D Roundtable, to be held at AAAS on March 15, 2011. The R&D roundtable will integrate the presentations of exemplary case studies with presentations by science policy officials to assemble information to be used to 1) raise the profile of agriculture, food, and natural resources related R&D throughout the federal government and beyond and 2) highlight the characteristics of highly productive collaborations in order to enhance the collaboration between performers of R&D whether they be associated with universities, federal agencies, or other entities.

Completed nominations are due **Dec. 17, 2010**.

Submit your case study here:

<http://www.zoomeang.com/Survey/WEB22BCW3D8BSZ>

Deadline for 2013-14 NHANES Content Proposals

NCHS will consider adding new or revised questionnaire material, laboratory assessments, and examination components to the 2013-14 NHANES survey. The ability to add new content to NHANES is limited by time and other logistical considerations such as other content cycling out of the survey.

There are two stages to the NHANES proposal process. First, proposers should submit a letter of intent describing the proposed NHANES project. The letter of intent should be two pages or less. It should include brief descriptions (3-5 sentences) of the public health significance of the proposal, technical requirements to perform the proposed component, and issues related to the safety and privacy of survey participants. NHANES staff will review the letters of intent. If the proposed survey content seems appropriate for NHANES, then staff from our division will ask proposers for a full research proposal. There are separate deadlines, for letters of intent, for each of the three basic survey areas - the examination, laboratory assessments and questionnaires items.

If you are invited to submit a full proposal, the NHANES Planning Branch can help you with the submission process. If you have further questions or would like to schedule a meeting or conference call, please contact Vicki Burt, Chief, Planning Branch at 301-458-4127 or vburt@cdc.gov or Natalie Dupree at ndupree@cdc.gov.

Contact Us

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and genetic engineering, will be examined as a potential sustainable food source for the coming century, which promises both explosions in population with associated increases in malnutrition, obesity, and chronic diseases such as diabetes, heart disease and common forms of cancer. Invited speakers include current and former government officials from the US State Department, the US Department of Agriculture, the National Institutes of Health and the Centers for Disease Control and Prevention. View the entire [ASN program online](#).

Additional sponsorship opportunities including scientific sessions, networking events, RIS and more are available; please email peichenbrenner@nutrition.org.

Don't forget, the archive of videotaped symposia and other materials from EB 2010 and previous years is online at www.nutrition.org/edprofdev. All items are free to ASN members.



Update on *Advances in Nutrition*

The first issue of *Advances in Nutrition*, the new ASN peer-reviewed bimonthly review journal, is now [available online free of charge](#).

Be sure to listen to the [podcast with first issue author Guoyao Wu](#), who talks about his review of functional amino acids and also how the influence of mentors has helped his career.

Below is a summary of the article by McCrory et al on Pulse Consumption, Satiety, and Weight Management. Read the [full article here](#).

The prevalence of obesity has reached epidemic proportions, making finding effective solutions to reduce obesity a public health priority. One part of the solution could be for individuals to increase consumption of nonoilseed pulses (dry beans, peas, chickpeas, and lentils), because they have nutritional attributes thought to benefit weight control, including slowly digestible carbohydrates, high fiber and protein contents, and moderate energy density. Observational studies consistently show an inverse relationship between pulse consumption and BMI or risk for obesity, but many do not control for potentially confounding dietary and other lifestyle factors. Short-term (≤ 1 d) experimental studies using meals controlled for energy, but not those controlled for available carbohydrate, show that pulse consumption increases satiety over 2-4 h, suggesting that at least part of the effect of pulses on satiety is mediated by available carbohydrate amount or composition. Randomized controlled trials generally support a beneficial effect of pulses on weight loss when pulse consumption is coupled with energy restriction, but not without energy restriction. However, few randomized trials have been conducted and most were short term (3-8 wk for whole pulses and 4-12 wk for pulse extracts). Overall, there is some indication of a beneficial effect of pulses on short-term satiety and weight loss during intentional energy restriction, but more studies are needed in this area, particularly those that are longer term (≥ 1 y), investigate the optimal amount of pulses to consume for weight control, and include behavioral elements to help overcome barriers to pulse consumption.

Journal Highlights

The American Journal of Clinical Nutrition

[Afebrile *Plasmodium falciparum* parasitemia decreases absorption of fortification iron but does not affect systemic iron utilization: a double stable-isotope study in young Beninese women](#)

[Concentrations of unmetabolized folic acid and primary folate forms in pregnant women at delivery and in umbilical cord blood](#)

[Heritability and seasonal variability of vitamin D concentrations in male twins](#)

[Haptoglobin genotype modifies the association between dietary vitamin C and serum ascorbic acid deficiency](#)

The Journal of Nutrition

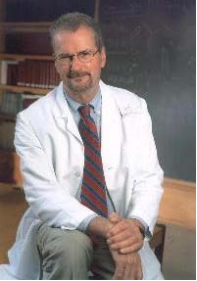
[A low-protein diet during gestation in rats activates the placental mammalian amino acid response pathway and programs the growth capacity of offspring](#)

[Serum 25-hydroxyvitamin D concentrations fluctuate seasonally in young adults of](#)

Member Spotlight

- **Patsy Brannon, PhD** was quoted widely regarding the recent IOM DRIs for Vitamin D and Calcium, including *Discover* magazine's blog, NPR, and *Science News*.
- **Jim Hill, PhD**, was quoted in *Parade* magazine about the health benefits of walking.
- ASN Spokesperson **Mary Ann Johnson, PhD**, was quoted in a *Medscape* article about high nitrate diets.
- **Joanne Lupton, PhD**, ASN Spokesperson, was quoted in *The News Journal* feature on what happens digestively after eating Thanksgiving dinner.
- **Connie Weaver, PhD**, was quoted in *Imperial Valley News* on the new calcium DRIs.

Have you received an award from your institution or other membership organization? Have you been quoted in the media or published a book recently? ASN is proud of its members and wants to know about such accomplishments. Send the information to Suzanne Price at sprice@nutrition.org to be featured in an upcoming newsletter.



Please continue to send me your thoughts and ideas on improving ASN.

Sincerely,

Robert M. Russell, MD
President

To advertise in this newsletter, please email sprice@nutrition.org for ad rates and specifications.