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American Society for Nutrition
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Message From the President:
Simin Nikbin Meydani, DVM, PhD

ASN's [Scientific Sessions & Annual Meeting](#) kicks off March 28, and will feature more than 30 symposia, dozens of networking events, and four international forums. Starting Friday, March 27, there are a variety of [sponsored satellite programs](#) that are planned and conducted by external groups in conjunction with ASN's Scientific Sessions - see the sidebar for days/times.

During our time together in Boston, there will also be ample opportunities to provide feedback to myself and other ASN leaders. We are offering a **Dialogue Session with the ASN Board** during which you can speak directly with Board members on any topic. Board members look forward to having this dialogue with the ASN community. Please join us on **Saturday, March 28, 10:00-11:00 am** and share your thoughts, hopes and visions for the future.

Please note, this year the **Society Annual Business Meeting** will be held earlier than in the past: on **Saturday, March 28, 7:00-8:00 pm**. We are hoping to draw more attendees to this earlier time frame, which will feature breakout groups.

Special invitation! **AAAS Fellows Meeting** on Saturday, March 28, 4:00-5:00 pm. We will convene AAAS Fellows to brainstorm ways to increase recognition of nutrition scientists within AAAS. Congratulations to the most recent ASN members named AAAS Fellows: Drs. Patrick Stover, Barbara Hansen and Bob Cousins.

Vote Now in the 2015-16 ASN Board of Directors and Nominating Committee Election

The 2015 election to select new members on the Board of Directors and Nominating Committee is underway. We encourage all members to support this process by participating in these elections. A link to the ballot was sent to all ASN voting members in good standing on Monday, March 9, 2015. If you did not receive the call to vote, please contact the ASN office at sec@nutrition.org. **The ballot will close on Monday, March 23 at 11:59 PM ET.**

Please visit the [ASN Mission and Bylaws page](#) to learn more about ASN governance. Thank you for your participation in the 2015 ASN election.



Upcoming Deadlines

April 10. [EB 2016 symposia/lecture proposals.](#)

May 1. [King Faisal International Prize](#) for Medicine nomination.

June 7. Early registration for FASEB [Science Research Conference on Human Milk](#), organized by ASN Lactation RIS.

Upcoming Meetings

March 24. [FDA Webinar:](#) Nutrition Labeling of Standard Menu Items in Restaurants.

March 27. Sponsored Satellite at EB: [Whole-Milk Dairy Foods in Nutrition and Health: An Evaluation of the Current State of the Science.](#) Organized and sponsored by the National Dairy Council. 8:30-12:00 pm.

Simin Meydani

Simin Nikbin Meydani, DVM, PhD
ASN President



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Annual Meeting

Scientific Sessions and Annual Meeting at Experimental Biology 2015

ASN's 79th Scientific Sessions and Annual Meeting is just a few weeks away! The meeting will take place March 28-April 1 in Boston, Mass. The headquarters hotel for ASN is the Renaissance Boston Waterfront. The Renaissance is a 10-minute drive from Logan International Airport and is easily accessible by public transportation. Free shuttle service will be provided to hotels in the EB 2015 housing block. See the complete route [schedule](#).

For an inside look, be sure to read interviews with speaker Dr. [Emeran Mayer](#) and sponsored satellite program presenter Dr. [Mary Beth Spitznagel](#). Plus! ASN's Nutrition Science Media Award winner [Nancy Clark, MS, RD](#), shares her take on the upcoming Dietary Guidelines.

Highlighted Session

["One Nutrition:" Clinical Nutrition Across Species](#)

Chairs: Lisa Freeman, DVM, PhD, DACVN, Tufts University and Simin Nikbin Meydani, DVM, PhD, USDA HNRCA at Tufts University

Wednesday, April 1, 10:30 am-12:30 pm

Animals and humans frequently suffer from similar diseases and chronic conditions, such as cancer, heart disease, arthritis, kidney failure, behavioral disorders, diabetes, and obesity. Conducting clinical trials in natural animal models provides an important stepping stone to translate basic science research into human clinical trials evaluating innovative nutritional approaches that can ultimately benefit both animals and humans. This session will help attendees understand some of the most common naturally occurring diseases in animals, the similarities and differences between human and animal, and how veterinary nutritionists play a role both in managing patients and advancing knowledge in these diseases shared by multiple species.

[Listen to a podcast about this symposium with co-chair Dr. Lisa Freeman.](#)

Special Event

[Emerging Leaders in Nutrition Science Poster Competition](#)

Saturday, March 28, 5:00-7:00 pm

New this year, ASN is conducting the **Emerging Leaders in Nutrition Science Poster Competition** to highlight the very best research submitted

March 27. Sponsored Satellite at EB: [Science and Policy: Adopting a Fruitful Vegetable Encounter for Our Children](#).

Organized and sponsored by the Alliance for Potato Research and Education. 1:00-5:00 pm.

March 27. Sponsored Satellite at EB: [Neural - Physiologic Mechanisms Regulating Sodium Appetite](#). Organized and sponsored by the Grocery Manufacturers Association. 1:00-5:00 pm.

March 28. Sponsored Satellite at EB: [Sweeteners and Health: Current Understandings, Recent Research Findings and Directions for Future Research](#). Organized and sponsored by the Rippe Lifestyle Institute. 6:30-8:00 am.

March 28. Sponsored Satellite at EB: [Body Water Regulation: Vasopressin as New Predictor of Disease Risk?](#) Organized and sponsored by Danone Nutricia Research. 6:30-8:00 am.

March 28. Sponsored Satellite at EB: [3rd Global Summit on the Health Effects of Yogurt: Yogurt Consumption and Weight Management](#). Organized and sponsored by Danone Institute International. 12:45-2:45 pm.

March 28. Sponsored Satellite at EB: [Current Perspective on Protein Quality and Practical Implications for Policy](#). Organized and sponsored by DuPont Nutrition & Health. 12:45-2:45 pm.

March 29. Sponsored Satellite at EB: [Running on Empty - Is There a Metabolic or Cognitive Benefit to the Morning Meal?](#) Organized and sponsored by the Kellogg Company. 6:30-

by students and young investigators to ASN's Scientific Sessions. Most of ASN's 15 Research Interest Sections as well as the Global Nutrition Council and the Medical Nutrition Council have selected finalists to participate in this competition. Join us for the **Society Annual Business Meeting**, following the Emerging Leaders in Nutrition Science Poster Competition, 7:00-8:00 pm in the Renaissance Boston Waterfront, Pacific Grand Ballroom A/B/C.

Visit ASN in Boston

Visit the ASN on-site office during the meeting, Saturday-Tuesday, 9:00 am-1:00 pm and 3:00-6:00 pm, located in the Renaissance Boston Waterfront, Georges Room. Stop by the ASN Booth and Bookstore (#1053), Sunday-Tuesday, 9:00 am-4:00 pm to pick up a free gift, or take a break from the hustle and bustle of the conference and relax in the Member and Attendee Lounge, Saturday-Tuesday, 7:30 am-5:30 pm, located in the Boston Convention and Exhibition Center, Room 155.

Walking Trails in Boston

Boston is home to several free walks and trails. Follow along the red-lined Freedom Trail, climb to the top of the Bunker Hill Monument or explore the Boston Sports Trail. There's [much more](#) to discover when you travel Boston by foot!



EB 2016: Call for Proposals

ASN's Scientific Sessions at Experimental Biology in 2016 takes place April 2-6 in San Diego, CA. The Scientific Program Committee is accepting proposals for scientific symposia, plenary lectures and education track sessions. The deadline for 2016 [proposals](#) is **April 10, 2015**.

Public Policy News

Seeking Member Input: 2015 Dietary Guidelines Advisory Committee Scientific Report

ASN members are asked to **submit comments** on the [Scientific Report of the 2015 Dietary Guidelines Advisory Committee](#) by March 19 to sohlhorst@nutrition.org as the Society prepares oral comments for a public meeting hosted by the US Department of Agriculture (USDA) and Health and Human Services (HHS) on **March 24**, as well as written comments. Members interested in providing their own written or oral comments can do so [online](#).

ASN is pleased to announce that Kacie Blackman, PhD, and Emily Tomayko, PhD, RD, have been selected as inaugural **2015 Science Policy Fellows**. Blackman and Tomayko will serve as *ex-officio* members of ASN's Public Policy Committee and participate in ASN discussions on nutrition-related policies, including the 2015 Dietary Guidelines for Americans. A Hill Day event is planned to visit Capitol Hill and educate members of Congress on the importance of the nutrition research that each conducts. The ASN Science Policy Fellowship program will prepare Fellows for research careers that encompass an increased awareness of the intersection of nutrition research and policy and how researchers may be more responsive to nutrition policy needs. The year-long program also pairs each Fellow with an established mentor to help them understand this intersection and how to address nutrition policy needs as nutrition researchers.

8:00 am.

March 29. Sponsored Satellite at EB: [Oats- More Than Just a Whole Grain](#). Organized and sponsored by PepsiCo Global R&D Nutrition. 6:30-8:00 am.

March 30. Sponsored Satellite at EB: [Breakfast Bioactives](#). Organized and sponsored by PepsiCo, Inc. 6:30-8:00 am.

March 30. Sponsored Satellite at EB: [A Healthy Approach to Dietary Fat Consumption: Understanding the Science and Taking Action to Clear Up Consumer Confusion](#). Organized and sponsored by the Hass Avocado Board. 6:30-8:00 am.

March 31. Sponsored Satellite at EB: [Pairing Nuts and Dried Fruit for Cardiometabolic Health](#). Organized and sponsored by the Sun-Maid Growers of California & American Pistachio Growers. 6:30-8:00 am.

March 31. Sponsored Satellite at EB: [Smart Snacking: When Science Meets Nutrition](#). Organized and sponsored by PepsiCo, Inc. 6:30-8:00 am.

March 28-April 1. ASN [Scientific Sessions & Annual Meeting](#) at EB 2015. Boston, MA.

April 1. Sponsored Satellite at EB: [National Food and Nutrition Policy: Balancing the Role of Research, Nutrition Science and Public Health](#). Organized and sponsored by the Corn Refiners Association. 6:30-8:30 am.

April 1. [Sponsored Satellite at EB: Phenotypic Flexibility](#). Organized and sponsored by Nutritech, a European Commission-funded Project.

NIH Meeting Discusses Considerations of Chronic Disease Endpoints for DRIs

The US and Canadian DRI Steering Committees sponsored an intensive workshop at the National Institutes of Health (NIH) on March 10 and 11th to discuss the advantages and disadvantages of the inclusion of [Chronic Disease Endpoints for Dietary Reference Intakes](#) (DRIs). A panel of experts including nutrition scientists, biostatisticians, epidemiologists, clinical researchers, and toxicologists deliberated this key issue for future population dietary recommendations. This meeting was the first of many steps to determine how to revise the DRI process. The public comment period to submit written comments on the workshop discussions will be announced soon, as well as the archived videocast, through the NIH.

News from NIDDK

The NIH Division of Nutrition Research Coordination (DNRC) will form the NIDDK Office of Nutrition Research (ONR), with a formal launch on August 1, 2015. According to a letter from NIDDK Director Griffin P. Rodgers, MD, MACP, the new Office will bring a more strategic focus to NIH's nutrition research coordination activities and support new NIH-funded nutrition research initiatives. One of its major responsibilities is leading a trans-NIH group to engage in a strategic planning process for support and development of a cutting-edge nutrition research portfolio.

Visit the [ASN website](#) to read the entire policy update.

Journal Highlights

Advances in Nutrition

The March/April 2015 [issue](#) of *Advances in Nutrition*, ASN's international review journal, sheds new light on key issues in nutrition and human health. It helps us understand what we know and where we need to focus future research efforts in order to improve human nutrition and health outcomes.

- How much do we know about resistant starch? Review points to new research suggesting that resistant starch improves gut health and lowers risk of diabetes and obesity.

- Can we optimize an individual's blood pressure via targeted sodium reduction? "The assumption of a robust link between sodium and blood pressure is questionable," according to AN meta-analysis.

And! While you pack for Boston, flash back to San Diego with the *Advances EB 2014 subject collection* containing symposia summaries and proceedings.

The American Journal of Clinical Nutrition

Read the [media alert](#) for summaries and analyses of each study.

- *Origins of food reinforcement in infants.*
- *Predicting therapeutic weight loss*
- *Cocoa flavanols and cognition: regaining chocolate in old age?*

The Journal of Nutrition

Summaries and analyses of this study and accompanying commentary are found in the [media alert](#).

- *Higher-protein diets are associated with higher HDL cholesterol and lower BMI and waist circumference in US adults*
- *Dietary variety is inversely associated with body adiposity among US adults using a*

Recent Visits

Thank you to Cornell University, Rutgers University, UC-Davis, and Penn State for hosting ASN staff recently and discussing ways to strengthen relationships with universities and their department heads.



Member Spotlight

- **Dr. David B. Allison**, University of Alabama at Birmingham, was honored with the F1000 Faculty Member of the Year Award 2014 for the Diabetes & Endocrinology Faculty in recognition of the most significant contribution to the F1000 Recommendation service over the past year.
- **Dr. Teresa A. Davis**, Baylor College of Medicine, was elected Director-at-Large and member of the Board of American Society of Animal Science.
- [Browse the list](#) of members who joined ASN in February 2015.

Have you received an award, 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.