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Message From the President:

Patrick J. Stover, PhD

As August quickly comes to an end, I'd like to express my sincere gratitude and deep appreciation to the hardworking ASN volunteers and the outstanding ASN staff. They have been working tirelessly all summer to advance ASN priorities, develop new and ongoing initiatives including ASN scientific meetings, and respond to the numerous national public policy issues that are now front and center in the national debate.

Among all of these activities, I am particularly excited to announce that ASN has signed a strategic partnership agreement with [African Nutrition Graduate Students Network](#) (AGSNet) to work together to combat malnutrition on the African continent. AGSNet was created by doctoral students of Cornell University in 2002, and has since grown into a network of more than 400 African graduate students and young professionals from more than 30 countries across four continents - Africa, Europe, North America and Asia. AGSNet's mission is to create a forum to promote relations and networks, build appropriate attitudes and values among its members, nurture leadership capacities, and present a unified front to improve nutrition on the African continent. ASN's more than 5,000 members work in diverse areas of nutrition and are located in more than 65 countries. This partnership between ASN, through the Global Nutrition Council, and AGSNet will strengthen both organizations whose missions and core values are so well aligned, and enrich the academic nutrition community globally.

Patrick J. Stover, PhD
ASN President

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Upcoming Deadlines & Events

August 27. Webinar:

[Understanding Flavonoids and Their Role in Health.](#)

September 8. [EB 2016](#) late-breaking proposals deadline.

September 9-12. [Diet and Optimum Health Conference.](#) Corvallis, OR.

September 15. The Call for Nominations for the ASN/ASNF awards is now open! [Submit a nomination today.](#)

September 28. [ACCN15](#) abstract submission deadline.

Now-October 31. [World Expo Milan:](#) Feeding the Planet - Energy for Life.

December 4-6. [Advances & Controversies in Clinical Nutrition.](#) Long Beach, CA.

ASN News

Nutrition Notes

Beginning this winter, *Nutrition Notes* will be published three times a year (Spring, Summer, Winter). This will ensure content and quality of the publication remain s high while allowing ASN to deliver more timely announcements in electronic form. Look for the next issue in December!

Call for ASN/ASNF Award Nominations

We're accepting nominations for the ASN/ASNF awards. Submit nominations in awards for senior investigators, young investigators, educators, and mentors. All nominations are due Sept. 15 and should be submitted electronically. More info www.nutrition.org/awards

Upcoming Meetings

ASN Advances and Controversies in Clinical Nutrition 2015: Convening health professionals and researchers around today's hot topics in food, nutrition and health



Registration is now open for the 5th annual Advances and Controversies in Clinical Nutrition! This conference is designed to address and promote research in the topics driving the field of nutrition and health.

This year's program features sessions on:

- Gluten Sensitivity: New Epidemic or Current Craze?
- Low and No Calorie Sweeteners and Weight Management
- Lifestyle Approaches to the Management of Sarcopenia in the Elderly
- Carbs Under Attack: Helping your Patients Navigate the World of Carbohydrates
- Motivational-Interviewing Techniques to Encourage Lifestyle Change and Weight Loss

[Register by Monday, October 19](#) to take advantage of significant savings! Special registration rates are available for medical residents, young professionals, and emeritus members!

Call for Abstracts

Deadline is Monday, September 28, 2015

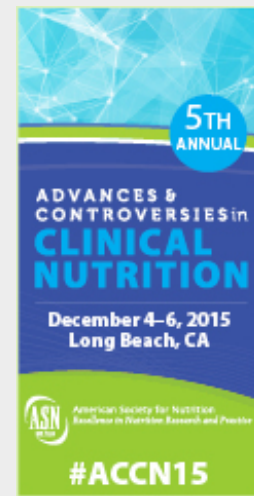
Sumibt your original research abstract for presentation. A bstract categories include:

- Variability in Responses to Diet and Food
- Nutrition on Healthy Growth, Development and Reproduction
- Disease Prevention, Progression and Treatment
- Nutrition-Related Behaviors
- Food Supply and Environment
- Vitamins, Minerals and Bioactives
- Energy and Nutrient Metabolism
- Community, Public Health and Global Nutrition
- Nutrition and Health Policy

New this year, accepted abstracts will be published in [Advances in Nutrition](#), a high-profile review journal published by ASN that gathers, synthesizes, and explains the current state of knowledge in all facets of nutrition. At the conference, abstracts will be presented in oral or poster format.



Advertisement



Travel awards for graduate and medical students, trainees and young professionals are available! Abstract submission is free, and authors of accepted abstracts are required to present their research onsite at ACCN 2015. [Learn more about abstract submission and awards](#). The deadline for submission is **Friday, September 28, 2015** at 11:59 PM ET.

ASN's Scientific Sessions and Annual Meeting at EB 2016

Mark your calendars for April 2-6, 2016 for ASN's 80th [Scientific Sessions & Annual Meeting at Experimental Biology](#), returning to San Diego, CA.



Request for Late-Breaking Symposium Proposals

The Scientific Sessions Program Committee needs your help to round-out the scientific program for ASN's Scientific Sessions at EB 2016 in San Diego. We encourage you to submit late-breaking symposium proposals for consideration for programming. [Late-breaking](#) proposals are due **Tuesday, September 8**. Please note the Scientific Program Committee's revised speaker reimbursement guidelines listed on the proposal application. If you have questions, please email [Gwen Twillman](#).

Webinar: Understanding Flavonoids and Their Role in Health

August 27, 2015 1:00 - 2:30 pm ET

Dietary flavonoids are a group of related compounds, found in a variety of plant foods, with potential human health benefits. Join us on August 27 at 1:00 pm ET for this webinar that will define flavonoids and their food sources and summarize the putative role of various flavonoids on health outcomes. Sponsored by ILSI North America, this webinar features presentations from Johanna Dwyer, DSc, RD, Tufts University School of Medicine, Boston, MA and John Erdman, Jr., PhD, Food Science and Human Nutrition, University of Illinois. Continuing professional education credits will be provided for dietitians. [Register today](#) !

Recorded Webinars on the Microbiome

Missed our recent webinar series on the microbiome? Watch at your convenience online. Dietitians can complete a brief evaluation and earn continuing professional education credit. [Click here for details](#) .

Public Policy News

AHRQ Seeks Public Comments Omega-3 FA and CVD Systematic Review

The Health and Human Services (HHS) Agency for Healthcare Research and Quality (AHRQ) updated a 10-year-old evidence report, [Omega-3 Fatty Acids and Cardiovascular Disease: An Updated Systematic Review](#), which explores the effect and association of omega-3 fatty acids intake and biomarker levels with cardiovascular clinical and intermediate outcomes. This draft report is [available for public comment](#) through August 31. ASN members are encouraged to take advantage of this opportunity to provide remarks on this new report.

HHS/GSA Requesting Feedback on Implementing Vending Guidelines

The HHS/General Services Administration (GSA) [Health and Sustainability Guidelines for Federal Concessions and Vending Operations](#) are being updated through a collaborative federal effort. The Guidelines assist federal food service contractors in providing a healthier and more efficient food service. The update may include: (1) alignment with any changes in the upcoming *Dietary Guidelines for Americans*; (2) incorporation of new scientific evidence and best practices for implementation; (3) strategies to encourage the purchasing of healthier foods and beverages; and (4)



guidance on efficiency of facility operations and food safety. GSA has issued a [Request for Information \(RFI\)](#) to gather responses on the successes and barriers encountered when implementing the current Guidelines. Deadline for comments is **September 15**.

NIH Seeks Input on Strategies for Simplifying Grant Instructions

The NIH released a [request for information](#) seeking input on strategies for simplifying its grant application instructions. NIH currently maintains several application guides for electronic grant application submissions, which can be found [here](#). Comments are due by **September 25**.

FDA Proposes Additional Revisions to the Nutrition Facts Label

The U.S. Food and Drug Administration (FDA) [proposed additional revisions](#) to a March 3, 2014 proposed rule changing the Nutrition Facts label that would, among other things, require declaration of the percent daily value (%DV) for added sugars. The percent daily value would be based on the recommendation that the daily intake of calories from added sugars not exceed 10 percent of total calories. For this proposal, the FDA considered the scientific evidence used to craft the scientific report of the 2015 Dietary Guidelines Advisory Committee, which showed that it is difficult to meet nutrient needs while staying within calorie requirements if one exceeds 10 percent of total calories from added sugar, and which recommended that Americans limit their added sugars intake to less than 10 percent of total calories. The FDA is also proposing to change the current footnote on the Nutrition Facts label to help consumers understand the percent daily value concept. In addition, the FDA is releasing results of its consumer studies on the declaration of added sugars and the footnote. Public comments can be electronically submitted to the [docket](#) by **October 13**.

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

Journal Highlights

Advances in Nutrition

The July 2015 [issue](#) of *Advances in Nutrition*, ASN's international review journal, features these review analyses:

- Sobhana Ranjan et al. call for more research to help diagnose autism spectrum disorders as early as possible and to develop effective nutritional strategies that enable individuals with an autism spectrum disorder to live healthier lives. They also stress the need to study the nutritional needs of middle-aged and elderly people with autism spectrum disorders in addition to studying younger populations.
- Reviewing the latest clinical research findings, Stuart M. Phillips concludes the loss of muscle mass and strength as we age may not be inevitable. He points to studies of elderly populations in which resistance training coupled with certain foods, nutrients, and nutritional supplements have supported the development and retention of muscle mass, strength, and function.

The American Journal of Clinical Nutrition: Editor's Pick

[Dietary cholesterol and cardiovascular disease: a systemic review and meta-analysis.](#)

Berger S, Raman G, Vishwanathan R, Jacques PF, Johnson EJ. American Journal of Clinical Nutrition 2015;102:276-94.

Health experts have for decades recommended decreasing dietary cholesterol intake to lower risk of cardiovascular disease. However, a growing scientific literature suggests that this putative link between diet and health may in fact not exist in the general population. This conclusion is also supported by this systematic review and

meta-analysis collectively analyzing data from 40 previously conducted studies. Additional research is needed to help solve this complex puzzle.

***The Journal of Nutrition* : Editor's Picks**

[*Dietary Fiber Intake Modifies the Positive Association between n-3 PUFA Intake and Colorectal Cancer Risk in a Caucasian Population.*](#) Bledar Kraja, Taulant Muka, Rikje Ruiten, Catherine E de Keyser, Albert Hofman, Oscar H Franco, Bruno H Stricker, and Jessica C Kiefte-de Jong.

Findings from epidemiological studies investigating the association between dietary fat and colorectal cancer have been inconclusive. Whether the intake of total fiber could modify any effect of dietary fat intake on colorectal cancer risk was investigated in an ongoing prospective population-based cohort study. The results suggest that a higher intake of n-3 PUFA is associated with an increased risk of colorectal cancer but the association is only present in those with the lowest intake of dietary fiber.

[*Maternal Phytosterol Supplementation during Pregnancy and Lactation Modulates Lipid and Lipoprotein Response in Offspring of apoE-Deficient Mice.*](#) Todd C Rideout, Cheryl Movsesian, Yi-Ting Tsai, Aadil Iqbal, Amy Raslawsky, and Mulchand S Patel.

To test whether phytosterol supplementation may be useful as a cholesterol lowering therapy in hypercholesterolemic pregnancies, a mouse model with genetic predisposition to hypercholesterolemia was used. The study showed that phytosterol supplementation of the mother's diet during gestation and lactation results in a more favorable lipid profile in the offspring.

[*A Combination of Single-Nucleotide Polymorphisms Is Associated with Interindividual Variability in Dietary \$\beta\$ -Carotene Bioavailability in Healthy Men.*](#) Patrick Borel, Charles Desmarchelier, Marion Nowicki, and Romain Bott.

There is considerable variability between individuals in their ability to absorb dietary β -carotene. A study in healthy, nonobese adult men provided insights into the molecular basis for this variation. The study showed that interindividual variability in β -carotene bioavailability is in part modulated by a combination of SNPs (single-nucleotide polymorphisms) in 12 genes, and that this variability likely affects long-term blood β -carotene status.

Member Spotlight

- **Dr. Barbara Rolls**, Professor and Helen A. Guthrie Chair of Nutritional Sciences, Pennsylvania State University, was honored at the annual meeting of the Society for the Study of Ingestive Behavior. Dr. Rolls was honored for an exceptional level of creativity and excellence in her research on ingestive behavior.
- Browse the list of members who joined ASN in [July 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 Valerie Bloom at vbloom@nutrition.org to be featured in an upcoming newsletter.