



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

Greetings from the New President: Robert M. Russell, MD

It is my honor to serve as President of ASN for the next 18 months. I would like to thank my predecessor, Jim Hill, for his tireless commitment and energy for the past year and a half. I plan to keep the Society moving forward on its many important initiatives. My priorities are in keeping with the Society's goals: promoting the importance of nutrition research and increasing its funding, advocating for adequate nutrition worldwide, and supporting mentors of the next generation of nutrition scientists. If you have comments or concerns during my tenure, I am happy to hear them.

As the ASN Annual Meeting and Scientific Sessions draws near, I'd like to highlight ten of the top events for ASN members. Please see the list at right for details on our Member Reception, Business Meeting, and more.

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Public Policy News

Washington has been quiet for the last couple of weeks as Congress takes a breather before starting the Second Session of the 111th Congress. Prior to the recess, the Senate passed on Christmas Eve a health care reform bill. An inter-agency working group releases nutrition standards for foods marketed to children, and the USDA announces forthcoming AFRI funding opportunities. The IOM is set to begin work on a consensus study on front-of-pack nutrition rating systems and symbols.

Read the [entire public policy newsletter](#).

Top 10 at EB 2010

ASN Presidential

Symposium Sponsored by Danone: Transcriptional Controls of Energy Sensing Sunday 4/25, 8-10 am

Satellite Session Presented by Metagenics, Inc. Friday, 4/23, 8-12 pm

Satellite Session Presented by General Mills Bell Institute of Health and Nutrition Friday, 4/23 1-5 pm

The E.V. McCollum International Lectureship in Nutrition Sunday 4/25 12:45-1:45 pm

The Atwater Lecture Tuesday 4/27, 12:45-1:45 pm

Policy Session: The USDA National Institute of Food and Agriculture and a New Roadmap for Agricultural Research: An Update from the Director Monday 4/26 12:45-1:45PM

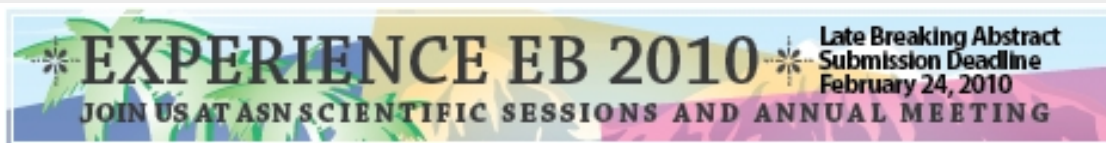
ASN Member Reception & University Mixer "A Slice of Orange County" Saturday, 4/24 8-10pm

ASN Business Meeting Monday, 4/26, 5:30-6:30 pm

ASN Awards Ceremony Sunday, 4/25, 5:30-7:00 pm

ASN Graduate Student Breakfast Sponsored by the National Dairy Council Sunday, 4/25, 7:00-8:00 am

ASN Scientific Sessions and Annual Meeting at Experimental Biology



Late-Breaking Abstract deadline is February 24th, 2010!

Are you ready to make an impact in the field by sharing your research with nutrition science professionals from across the globe? Late-breaking abstracts for EB 2010 are being accepted through Wednesday, February 24th, 2010, for the following topic categories:

- 300-ASN Biochemistry of Vitamins and Minerals
- 301-ASN Energy and Nutrient Metabolism
- 302-ASN Human and Clinical Nutrition
- 303-ASN Metabolic and Disease Processes

A full listing of topic categories, instructions and guidelines for EB 2010 can be found at: [Late-Breaking Abstract Submission](#). When submitting your abstract, be sure to include the correct topic code and society.

Scientific Session Highlights

Satellite Session presented by General Mills Bell Institute of Health and Nutrition: "*Putting the Whole Grain Puzzle Together: Health Benefits Associated with Whole Grains*"

Scientific evidence supporting the health benefits of whole grains continues to grow. Substantial epidemiological evidence exists that suggests an inverse association between whole grain intake and body weight, risk of heart disease and type 2 diabetes. Despite the health benefits of whole grains, most individuals are not meeting the dietary intake guidelines and there is general confusion regarding identifying whole grain foods and their health benefits. By including noteworthy academic researchers, who have conducted significant research in the area of whole grains, as relevant to the topics in the program, this symposium will provide an up-to-date review of the latest scientific evidence of the health benefits of whole grains, challenges in achieving whole grain dietary guidelines, identify the gaps in the research and identify future areas of research.

This satellite session is scheduled for Friday, April 23, from 1 - 5 pm, and is free and open to all EB 2010 attendees.

Special Session: *The USDA National Institute of Food and Agriculture and a New Roadmap for Agricultural Research: An Update from the Director*

ASN is pleased to announce that Dr. Roger Beachy, Director of the National Institute of Food and Agriculture (NIFA) at the USDA will speak at the ASN Scientific Sessions and Annual Meeting, in conjunction with Experimental Biology, in Anaheim. This special session, sponsored by the ASN Public Policy Committee, will focus on research at USDA and specifically, the recent changes at the department including the establishment of NIFA, the Agriculture and Food Research Initiative, a new Roadmap for Agricultural Research and a renewed emphasis on science at the agency. **The session is scheduled for Monday, April 26 at 12:45 pm.**

EB 2010 Sponsors Needed!

If you think your company or organization might benefit from sponsoring a networking reception, symposium, or other event at EB 2010, visit the [website](#) for more information.

New Sustaining Member

Upcoming Meetings

February 22-24. [Lactose Intolerance and Health](#) Free. NIH Campus, Bethesda, MD

March 3-6. American Association for Dental Research (AADR) [Annual Meeting](#). Washington, DC. Visit the ASN booth for a special gift.

March 10-14. American Medical Student Association (AMSA) [60th Annual Convention](#). Anaheim, CA. Attend the ASN session on food safety.

Connect with ASN Online

Visit the [ASN Blog](#) and share your thoughts on teaching nutrition, ASN's goals, nutrition labeling, and other hotly debated nutrition topics.

Listen to [ASN Podcasts](#) on cutting-edge science from our award-winning journals.

Follow us on Twitter. www.nutrition.org/twitter

SIG T-Shirt Contest Extended

The ASN Student Interest Group is seeking designs for the 2010 shirt. The winning design will be printed and sold on shirts at EB 2010. Send your original artwork, ideas or concepts to Alison Keenan (alison.h.keenan@gmail.com) and Diana Tavares (dtavares@nutrition.org) or fax to Diana at 301-634-7892.

Deadline is Wed, Jan 13.

MARC Travel Awards

ASN is proud to announce that the Council for Responsible Nutrition (CRN) has joined the society as a Sustaining Member for 2010. Founded in 1973, CRN is the leading science-based national trade association representing dietary supplement manufacturers and ingredient suppliers. Longtime ASN member and CRN Senior Vice President of Scientific & Regulatory Affairs Andrew Shao, PhD, notes that: "CRN is pleased to support ASN's science-based mission to further nutrition education and research. We look forward to further collaboration with ASN and its members." For more information about CRN, visit: <http://www.crnusa.org>

Journal Highlights

The American Journal of Clinical Nutrition

[Racial differences in abdominal depot-specific adiposity in white and African American adults](#)

[Causes and consequences of human variation in visceral adiposity](#)

[Folic acid source, usual intake, and folate and vitamin B-12 status in US adults: National Health and Nutrition Examination Survey \(NHANES\) 2003-2006](#)

[Cumulative effects and predictive value of common obesity-susceptibility variants identified by genome-wide association studies](#)

[Effects of dairy compared with soy on oxidative and inflammatory stress in overweight and obese subjects](#)

The Journal of Nutrition

[Acute ingestion of long-chain \(n-3\) polyunsaturated fatty acids decreases fibrinolysis in men with metabolic syndrome](#)

[Iron-fortified rice is as efficacious as supplemental iron drops in infants and young children](#)

[Consumption of a legume-enriched, low-glycemic index diet is associated with biomarkers of insulin resistance and inflammation among men at risk for colorectal cancer](#)

Member Spotlight

- **Matthew Lederman, MD**, has published a new book titled, *Keep it Simple, Keep it Whole*.
- **Susan B. Roberts, PhD**, has republished *The "i" Diet* with new material.

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.

ASN/AACE Symposium Registration Is Open

ASN and the American Association of Clinical Endocrinologists (AACE) are presenting the symposium *Therapeutic Diets for Cardiometabolic Disorders: What is the Evidence?* in Boston on April 21, 2010. Registration opened January 2. [Register here](#). Topics include low carb-high protein diets for obesity, antioxidants and vascular inflammation, diets for heart disease prevention and treatment and diet and exercise for sarcopenia and cachexia. Continuing medical education (CME) credit will be available. This activity will be designated for AMA PRA Category 1 CME Credit.

ASN to Cosponsor 9th Vahouny Dietary Fiber Symposium

ASN offers minority student travel awards for the ASN Scientific Sessions and Annual Meeting at Experimental Biology each year, in partnership with FASEB Minority Access to Research Careers (MARC). Students can be reimbursed up to \$1850. Applicants must submit an abstract and be a member of ASN.

The 2010 [application is online](#), and deadline is **Feb. 23**. Contact Katrina Dunn for more information (301-634-7043) or kld@nutrition.org.



[Register Now](#)

The 9th Vahouny Dietary Fiber Symposium to be held in Bethesda, MD (metro Washington, DC), June 8-11, will feature a complete science review of dietary and functional fibers. ASN will co-sponsor the event and open registration in late January.

Please contact Dr. Susan Cho at NutraSource Research at sscho397@yahoo.com or call 410-531-3336 if you are interested in submitting an abstract (deadline: Thursday, January 29).

Nutritional Epidemiology Webinars Set

The ASN Nutritional Epidemiology Research Interest Section announces the following presentations as part of its Research Leader Webinar Series:

- February 18, 12:00-1:00 pm EST Dr. Michele Forman, The University of Texas (dietitian CPE credit to be made available)
- March 11, 1:00-2:00 pm EST Dr. Katherine Tucker, Tufts University (dietitian CPE credit to be made available)

Learn what they are doing to stay on the cutting edge of nutritional epidemiology research, and get an opportunity to seek advice to help your own research efforts. If you have an interest in learning how to further your nutritional epidemiology research, email Regan Bailey at baileyr@mail.nih.gov to register for these webinars.



Please send me your thoughts and ideas on improving ASN. Wishing everyone a happy 2010!

Sincerely,

Robert Russell, MD
President