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

Message From the President: Patrick J. Stover, PhD

I am looking forward to seeing many of you in San Diego for the [Scientific Sessions & Annual Meeting](#), April 2-6. I'd like to personally invite you to the Presidential Symposium, "Systems Approach to Nutrition: Where we are, and where we are going," which takes place Monday, April 4. Make sure to visit the Scientific Sessions & Annual Meeting [website](#) for information on this year's program.

Volunteers are at the heart of ASN's work - providing leadership and shaping our many programs. We're looking to recruit dedicated members to add to our diverse and multidisciplinary cadre of volunteer leaders. Please complete the [Call for Volunteers Survey](#) to indicate your interest in serving as a volunteer; incoming ASN President Dr. Marian Neuhouser (2016-17) will consider your requests as she makes appointments over the next several months.

Patrick J. Stover, PhD
 ASN President



Announcement of Editor Search

The American Society for Nutrition encourages nominations and applications for the Editor-in-Chief position of an open access journal to be launched in 2017. Deadlines: LOI February 15, 2016; application March 1, 2016. See details on the ASN website.

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ASN News

ASN is Moving!

On January 27, the ASN office will be relocating to a new space. Our new address is below:

**9211 Corporate Boulevard
 Suite 300
 Rockville, MD 20850**

Upcoming Deadlines & Events

January 22. ASN [Student Interest Group Travel Award](#).

January 28. EB 2016 [late-breaking abstract](#) submission.

February 12. ASN [MARC Travel Award](#).

February 23. Experimental Biology [hotel reservations deadline](#).

March 1. Experimental Biology [early registration deadline](#).

March 14-18. [John Milner Practicum](#). Rockville, MD.

April 2-6. [ASN Scientific Sessions & Annual Meeting](#) at EB 2016. San Diego, CA.

**2016 Application
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 in the Chicago,
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 Feb. 12, 2016**

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Please begin using our new address **February 1, 2016**.

Upcoming Meetings

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. Make sure to register and book your housing as soon as possible. The headquarters hotel for ASN is the [Hilton San Diego Bayfront](#). This hotel and many others will sell out - make your reservations soon!

Late-Breaking Abstracts

Contribute to knowledge around emerging topics in nutrition by [submitting a late-breaking abstract](#)! This year, ASN is offering eight late-breaking abstract categories, listed below. The deadline to submit a late-breaking abstract is **Thursday, January 28, 2016 at 11:59pm EST**.

- 300 - ASN Variability in Responses to Diet and Food
- 301 - ASN Nutrition on Healthy Growth, Development and Reproduction
- 302 - ASN Disease Prevention, Progression and Treatment
- 303 - ASN Nutrition-Related Behaviors
- 304 - ASN Food Supply and Environment
- 305 - ASN Vitamins, Minerals, and Bioactives
- 306 - ASN Energy and Nutrient Metabolism
- 307 - ASN Community, Public Health and Global Nutrition

Visiting San Diego

From Coronado, to Downtown San Diego and more, there's so much to discover during your visit for the ASN Scientific Sessions and Annual Meeting! Follow [@VisitSanDiego](#) on Twitter for great planning ideas!



Public Policy News

ASN News

ASN provided [comments](#) to the U.S. Department of Agriculture (USDA) as the agency works to finalize its policy to increase public access to the results of USDA-supported scholarly publications and scientific data.

An ASN [press release](#) also applauds the release of the 2015-2020 Dietary Guidelines for Americans.

2015 Dietary Guidelines Are Released

The U.S. Departments of Health and Human Services (DHHS) and USDA released the [2015-2020 Dietary Guidelines for Americans](#). The eighth edition of the Dietary Guidelines emphasizes healthy eating patterns, nutrient dense foods, and small, simple shifts in daily eating habits. While most of the recommendations are familiar, added sugars were given a maximum limit for the first time, less than 10 percent of total calories, and the 300 milligram daily limit for dietary cholesterol was removed. The Guidelines do not touch on some controversial topics from the Dietary Guidelines Advisory Committee Scientific Report, such as sustainability.

DHHS Announces 2nd Edition of Physical Activity Guidelines for Americans

The Office of Disease Prevention and Health Promotion (ODPHP) of the DHHS announced collaboration with the Centers for Disease Control and Prevention (CDC), the NIH, and the President's Council on Fitness, Sports & Nutrition (PCFSN) to publish the 2nd edition of the Physical Activity Guidelines in 2018. HHS is seeking nominations of individuals to serve on the 2018 PAG Advisory Committee. **Nominations for membership must be submitted by Friday, February 5, 2016.** [See the Federal Register Notice](#) for more information.

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



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Journal Highlights

Advances in Nutrition

The January 2016 [issue](#) of *Advances in Nutrition*, ASN's international review journal, features these review analyses:

How much sugar is too much for good dental health? Paula Moynihan reviews the WHO's conditional recommendation, which suggests a further reduction in the intake of free sugars from less than 10% of energy intake to less than <5%. She also notes that a broad range of public health strategies is required to successfully reduce the intake of free sugars to protect both dental and general health.

What can we do to get children to eat more vegetables? Jennifer O. Fisher et al. summarize the research needed to enable us to craft more effective messages, devise strategies for parents, develop action in the community, and modify government policies and programs. First and foremost, the authors conclude that what happens in the home is key to increasing children's vegetable consumption.

The American Journal of Clinical Nutrition: Editor's Pick

[Folate and long-chain polyunsaturated fatty acid supplementation during pregnancy has long-term effects on the attention system of 8.5-y-old offspring: a randomized clinical trial](#). Catena A, Muñoz-Machicao JA, Torres-Espínola FJ, Martínez-Zaldívar C, Diaz-Piedra C, Gil A, Haile G, Györei E, Molloy AM, Decsi T, et al. *American Journal of Clinical Nutrition* 2016;103:115-27.

[Omega-3 long-chain PUFA intake during pregnancy and allergic disease outcomes in the offspring: a systematic review and meta-analysis of observational studies and randomized controlled trials](#). Best KP, Gold M, Kennedy D, Martin J, Makrides M. *American Journal of Clinical Nutrition* 2016;103:128-43.

[Long-term effect of high-dose supplementation with DHA on visual function at school age in children born at <33 wk gestational age: results from a follow-up of a randomized controlled trial](#). Molloy CS, Stokes S, Makrides M, Collins CT, Anderson PJ, Doyle LW. *American Journal of Clinical Nutrition* 2016;103:268-75.

[Fish-oil supplementation: the controversy continues](#). Simmer K. *American Journal of Clinical Nutrition* 2016;103:1-2.

Omega-3 fatty acids, like those found in oily fish, play many roles in the body. For instance, they are needed for brain function, vision, and immune modulation. Although adults can make these fatty acids in their livers, infants are unable to do so during early life. Consequently, it is thought that they must get them from their mothers' circulation during fetal life and from the diet after birth. Three studies and an accompanying editorial in the January 2016 edition of *The American Journal of Clinical Nutrition* examine whether supplementation with these fatty acids during pregnancy or lactation affects infant health. The results are mixed.

The Journal of Nutrition: Editor's Picks

[Walnuts Consumed by Healthy Adults Provide Less Available Energy than Predicted by the Atwater Factors](#)

Nut consumption has been linked with reduced weight gain and reduced risk of cardiovascular disease but the reasons behind this are not fully understood. Baer et al. conducted a randomized crossover feeding study in order to determine the metabolizable energy content of walnuts. They found that the metabolizable energy of walnuts was 21% less than predicted by the Atwater factors. These results are in agreement with the group's previous research showing that the metabolizable energy content of almonds and pistachios are also lower than predicted by the Atwater factors, and they may help explain why nut consumers tend to gain less weight. [Full summary](#).

[Protein and Micronutrient Intakes are Associated with Child Growth and Morbidity from Infancy to Adulthood in the Philippines](#)

Adequate nutrition is critical for the health and growth of children throughout their life, but interventions sometimes focus on specific age ranges such as the first two years of life. Dr. Alok Bhargava used data from over 3000 children enrolled in the Cebu Longitudinal Health and Nutrition Survey to develop mathematical models to evaluate the contribution of several different factors to childhood growth from infancy to adulthood. Increased intake of

protein and calcium was associated with increased height and weight from early childhood through adolescence and into early adulthood. These results suggest that nutritional interventions extending beyond early childhood may be effective in promoting growth and future labor productivity. [Full summary](#).

Member Spotlight

- **Dr. David Ludwig**, practicing endocrinologist and researcher at Boston Children's Hospital, recently released a new book: [Always Hungry?: Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently](#).
- Browse the list of members who joined ASN in [December 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.

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