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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 pleased to report that we have announced the creation of an Advisory Committee that will focus on ensuring the public trust in academic and professional scientific societies through best practices in scientific rigor and transparency. A [press release](#) announcing the committee is available, as well as a list of [committee members](#).

Over the next year, the Advisory Committee will identify best practices to allow effective collaborations among academia, government and the private sectors while ensuring public trust. This initiative will help ensure that ASN's activities are transparent, advance research, and maintain scientific rigor. I welcome your comments on this important initiative; please feel free to email me at [pjs13@cornell.edu](mailto:pjs13@cornell.edu).

Finally, 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.

**In This Issue**

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**Upcoming Deadlines & Events**

**February 23.** Experimental Biology [hotel reservations deadline](#). *The ASN HQ hotel is the San Diego Hilton Bayfront.*

**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.

**Clinical Nutrition Internship 2016**

The American Society for Nutrition is accepting [applications](#) for the 2016 Clinical Nutrition Internship Program. Targeted to medical students, this program is designed to increase the role of nutrition in the practice of medicine, medical research, health promotion, and disease prevention by providing a unique combination of educational experiences to medical students. This program is meant to supplement nutrition education not always present in the medical school curriculum that ASN believes is vital. This internship is specifically for those that do not have a degree in nutrition looking to incorporate nutrition education

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## ASN News

### With Appreciation for ASN Journal Reviewers

Many thanks to the more than 1,890 individuals who served as manuscript reviewers for The American Journal of Clinical Nutrition (AJCN), The Journal of Nutrition (JN) and/or Advances in Nutrition (AN) in 2015. We greatly appreciate their willingness to share their time and expertise in support of the ASN journal peer review process. Anonymous, conscientious, fair, and timely peer review is the lifeblood of scholarly publishing. Reviewers are formally recognized in the January 2015 issues of [AJCN](#), [JN](#), and [AN](#), and a combined list of ASN journal reviewers is posted on the [ASN website](#).

## 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. Below are some exciting highlights to look forward to at this year's meeting.

### Opening Session and Discussion Scientific Rigor in the Nutrition Research Landscape (Sunday, April 3, 10:30 am)

Much attention has been focused on the quality of nutrition research as well as the impact of private funding. Join ASN, the Canadian Nutrition Society, ILSI North America and the National Academy of Sciences' Food and Nutrition Board as we move towards a common understanding that advances nutrition research while maintaining the public's confidence in the nutrition science community and research that seeks to improve public health.

### New Activities for Faculty Members

Based on member feedback, additional sessions for faculty members have been added. These include an oral session, **Innovations in Undergraduate, Graduate and Medical Nutrition Education** (Sunday, 8:00 am), the Association of Nutrition Departments and Programs Forum, [Research and Partnership Opportunities within the National Nutrition Research Roadmap](#) (Tuesday, 3:00 pm) and a workshop, [Transdisciplinary Training in Childhood Obesity Prevention: Approaches, Successes and Challenges](#) (Sunday, 3:00 pm).

### Events to Honor Students' Achievements

ASN's various student and young professional competitions have always been a program highlight. Among these is the [Emerging Leaders in Nutrition Science Poster Competition](#) being held to recognize the very best research submitted by students and young investigators to ASN's Scientific Sessions.

### Reserve your table today for ASN's University Mixer and Opening Night Reception!

This highly anticipated networking event kicks off the start of ASN's Scientific Sessions and Annual Meeting. Departments and programs in nutrition, food science and public health can purchase a table to spread awareness of opportunities, welcome alumni and honor awardees. [Reserve your table today!](#)

View the [Schedule at a Glance](#) for a full listing of sessions and networking activities.

into their medical education.

Applications are due **March 15, 2016**. For details, [click here](#).



## Advertise with ASN

Advertising opportunities with ASN include the ASN monthly e-newsletter, medical nutrition e-newsletter, on-site convention newspaper at EB, and the ASN job board. Visit our [advertising page](#) to learn about all available opportunities to reach our membership of more than 5,000!

## We've Moved!

As of February 1, 2016, the ASN headquarters has moved to a new location:

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

Our new phone number is 240-428-3650, and our new fax number is 240-404-6797.

## Contact US

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Suite 300  
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## Public Policy News

### President Releases Fiscal Year 2017 Budget

President Obama [released his fiscal year 2017 budget](#) on February 9, in which he emphasizes the need to look forward to address challenges by accelerating the pace of American innovation. The proposed budget includes efforts to "drive critical medical breakthroughs," supporting a new "moonshot" to cure cancer headed by Vice President Biden. It also supports the Precision Medicine Initiative to accelerate the development of customized treatments that take into account a patient's genes, environment, and lifestyle, as well as the BRAIN Initiative, which will dramatically increase our understanding of how the brain works.

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

## 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***

[Brain regulation of appetite in twins](#). Melhorn SJ, Mehta S, Kratz M, Tyagi V, Webb MF, Noonan CJ, Buchwald DS, Goldberg J, Maravilla KR, Grabowski TJ, Schur EA.

*American Journal of Clinical Nutrition* 2016;103:314-22.

[Heritability of hyperresponsivity of brain reward regions to high-calorie food](#). Stice E, Borcyk A, Menke K. *American Journal of Clinical Nutrition* 2016;103:299-300.

What makes some people order that delicious slice of pie after finishing a large meal, whereas others decline because they are simply too full to eat anything else? Growing evidence suggests that these differences among people are due, at least in part, to variation in brain activity. In a study using a clever "twin design," researchers used MRI technology to map brain activity in response to being shown images of high-calorie, desirable foods-comparing what happens in genetically identical twins to what happens in unrelated individuals. Their findings suggest that inherited, genetic factors influence at least some of the brain's responses to food cues and may help explain why some of us just can't resist ordering that decadent dessert.

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

#### [The Effect of Long-term Supplementation of Green Tea Extract on Adiposity and Bone Mineral Density: A Randomized Trial of Overweight and Obese Menopausal Women](#)

Previous research on green tea consumption has suggested a link with modest weight loss, but these studies have been confounded by the inclusion of caffeine, which is a well known stimulator of short-term energy expenditure. Dostal et al. conducted a 12 month randomized placebo-controlled trial in overweight postmenopausal women to look at the effects of caffeine-free green tea extract on body composition and bone mineral density. Green tea extract supplementation did not significantly alter weight, adiposity, or bone mineral density compared to placebo. These results provide evidence that green tea extract alone does not substantially alter weight or body fat in the absence of changes in diet or physical activity. [Full summary](#).

#### [Human Milk Oligosaccharides and Synthetic Galactosyloligosaccharides Contain 3', 4, and 6'-galactosyllactose and Attenuate Inflammation in Human T84, NCM-460, H4 Cells, and Intestinal Tissue Ex Vivo](#)

Breastfeeding is well known to reduce rates of infection and inflammatory disease in infants likely due to the many immunoprotective compounds found in breast milk. Newburg et al. investigated the anti-inflammatory properties of a recently discovered group of human milk oligosaccharides known as galactosyllactoses. Researchers exposed several intestinal cells lines to a variety of inflammatory compounds and pathogens including Salmonella and Listeria. Galactosyllactoses reduced the release of several inflammatory chemokines suggesting that they may play a role in protecting the gut from infection and inflammatory damage. [Full summary](#).

## Member Spotlight

- **Adrienne Bendich, Ph.D., FASN** is very pleased to announce the publication of two new volumes in her "Nutrition and Health" Book Series published by Springer/Humana Press ([www.springer.com/series/7659](http://www.springer.com/series/7659)).
  1. Nutrition Support for the Critically Ill, 2016, edited by **David S. Seres** (ASN member) and Charles W. Van Way III
  2. Nutrition in Cystic Fibrosis, 2016, edited by Elizabeth H. Yen and Amanda Radmer Leonard
- Browse the list of members who joined ASN in [January 2016](#).

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](mailto:vbloom@nutrition.org) to be featured in an upcoming newsletter.