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American Society for Nutrition  
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### Message From the President:

Patrick J. Stover, PhD

The academic semester is now progressing rapidly into fall, and it is time to start planning for attendance at the 2015-2016 ASN scientific meetings. We are expecting a great turnout for [Advances & Controversies in Clinical Nutrition](#) (ACCN15) this December, and I encourage all of you to consider attending and bringing your colleagues, trainees, postdocs, fellows, graduate students and undergraduate students to this nutrition focused meeting that has established a strong reputation in clinical nutrition and translational science. The [program-at-a-glance](#) is available online and you can see what a strong list of speakers we have! I encourage you to browse the program and note the diverse array of topics.

This year continues to be eventful for nutrition research. From the dietary guidelines to issues of nutrition funding in the New York Times, nutrition is certainly getting attention. The ASN board, with our expert staff, is keeping apprised of the nation's pulse and responding as appropriate. We are planning a number of proactive initiatives in the near future to reassert our position as the authority in nutrition practice and research, and seek your input on how ASN can continue to advocate for scientific evidence in support of public and global health. ASN's Board of Directors will be meeting in December; if you have any items you'd like us to consider at this gathering, I encourage you to [email me](#).

The first [Presidential Webinar](#) will be held on November 4 at 3:00 PM ET. I will be speaking with ACCN15 program co-chair Dr. Joel Mason, and deliver an update on my presidential initiatives. [Register for the webinar here](#).

ASN is once again offering two 1-year Science Policy Fellowships to advanced graduate students, early professionals, postdoctoral trainees, or medical interns, residents, or fellows. [Read more](#) on how to apply to be a Fellow or a mentor.

I am deeply appreciative of all of our members who have reached out to me to share your aspirations for ASN in supporting excellence in nutrition research and training. ASN has never been better positioned to advance the nutrition agenda in research and in our training programs. Please continue to advise the ASN Board of how we can be most effective in supporting you.

A handwritten signature in black ink, appearing to read 'Patrick J. Stover', is written over a white background.

Patrick J. Stover, PhD

### Upcoming Deadlines & Events

**October 19.** ACCN15 [early registration deadline](#).

**October 23.** ACCN15 [blogger and video blogger applications](#).

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

**November 4.** [Presidential Webinar](#) - 3:00PM ET.

**November 4.** [W.O. Atwater Memorial Lecture](#) nominations.

**November 5.** Scientific Sessions and Annual Meeting at EB [abstract submission deadline](#).

**November 27.** ASN [Science Policy Fellowship](#) applications.

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

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## ASN News

### **Scientific Sessions and Annual Meeting at EB 2017**

The ASN Scientific Sessions and Annual Meeting at EB will be held in Chicago, IL, April 22-26, 2017, due to convention center construction delays in San Francisco. Chicago is an ideal meeting location for ASN with a central location and strong concentration of nutrition, medicine, teaching institutions and food science in the region.

### **Seeking Member Input**

The ASN Independent Meeting Transition Team members and staff are exploring new opportunities and welcome input from members as new meeting features for ASN's Scientific Sessions and Annual Meeting at EB 2017 are planned. Send your suggestions to [meetings@nutrition.org](mailto:meetings@nutrition.org).

## Upcoming Meetings

### **ASN Advances and Controversies in Clinical Nutrition 2015**

[Register now!](#) Special rates are available for young professionals, government members, emeritus members and more. Your registration includes access to three days of lectures, posters, and interactive networking with the top minds in clinical nutrition. [Register](#) by **October 19** to maximize savings! Don't forget to [reserve your hotel room](#) by **November 5!**

### **Featured Lecture**

The Sunday morning session at ACCN15 will feature engaging talks and practical tips for helping your patients navigate the world of carbohydrates. Experts will discuss when gluten free diets are appropriate and when they are not, review a critical analysis of the FODMAP diet, and address carbs and the patient with diabetes. Featured speakers include Alison Evert, MS, RD, CDE, Coordinator of Diabetes Education Programs, University of Washington Medical Center, Kirkland, WA, Benjamin Lebwohl, MD, MS, Herbert Irving Assistant Professor of Medicine and Epidemiology, The Celiac Disease Center at Columbia University, New York, NY and Kelly A. Tappenden, PhD, RD, Kraft Foods Human Nutrition Endowed Professor, University of Illinois.

### **Continuing Education**

This program is being jointly provided by ASN and the Tufts University School of Medicine.

*Physicians:* This activity has been approved for a maximum of **13 AMA PRA Category 1 Credits™**.

*Nurses:* This activity provides **13 contact hours** for nurses.



*Advertisement*

## Combined Federal Campaign

ASN is thrilled to once again join federal employees and over 4,000 approved charities in continuing the legacy of giving with the [Combined Federal Campaign \(CFC\)](#). Pledges made by Federal civilian, postal and military donors during the campaign season (September 1-December 15) support non-profit organizations like ASN. [Enroll through CFC](#) to help ASN provide health and human service benefits throughout the world!

**ASN CFC #36770**



**Advertise with ASN**

*Dietitians:* This activity has been approved for a maximum of **13.5 CPEUs**.  
*Certified Health Education Specialists:* This activity has been approved for **13.5 continuing education contact hours (CECH)**.

### Venue Information

The Hilton Long Beach is in the heart of bustling downtown Long Beach. The [ACCN15 headquarters hotel](#) is only seven miles from the Long Beach Airport (LGB) and a short drive from Los Angeles International Airport (LAX).



### 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.

### Abstract Submission

[Abstracts are being accepted](#) through **Thursday, November 5**. Take a close look at the list of nutrition topics offered by ASN, as there are many new offerings. For example, abstract category number 5128, "Nutritional Care of Preterm Infants," organized by the Maternal, Perinatal & Pediatric Nutrition RIS. [Review all of the nutrition abstract categories](#).

### Awards and Travel Funding Opportunities

Students, medical trainees and other young/early career investigators can apply for various [awards and travel funding opportunities](#) at the time of abstract submission. Applicants must be a first author of an abstract submitted to one of ASN's abstract categories. This year's competitions include:

- Clinical Emerging Leaders Award Competition
- Global Nutrition Early Career Scholar Award
- Graduate Student Research Award Competition
- Nutrition Translation Award Competition
- Postdoctoral Research Award Competition
- Young Minority Investigator Oral Competition

[Learn more about awards and travel funding opportunities](#).

### Headquarters Hotel

ASN headquarters hotel is the Hilton San Diego Bayfront. Overlooking the San Diego Bay, the hotel is just across the street from the San Diego Convention Center and a short walking distance to San Diego's historic Gaslamp Quarter. This hotel will sell out quickly - [make your reservations soon!](#)



### Webinar: Getting it Right: Tips for Writing a Scientific Abstract II

**October 21, 2015 10:00 am ET**

Join your ASN colleagues for a webinar that will review general guidelines for developing a high quality abstract. The program will be led by ASN volunteer leaders who have years of experience preparing abstracts and reviewing them as well. Learn from a reviewer's perspective the steps you can take to best showcase your work. [Register today!](#)

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!

## Webinar: Getting it Right: The Role of the Abstract Reviewer

October 29, 2015 1:00 pm ET

This webinar will review general guidelines for reviewing and rating abstracts using the ASN score system developed by ASN volunteer leaders. Our speakers are experienced abstract reviewers and will provide an overview of the ASN scoring system, our new online review process and frequently asked questions. If you signed up to be an abstract reviewer, please make plans to join us for this webinar. The program will be archived for on-demand viewing after the live program. [Register today!](#)

## Public Policy News

### **ASN Comments on FDA Proposed Rule to Revise 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. This week ASN submitted [comments](#) on the proposed revisions. ASN also issued [comments](#) on the original March 3 proposed rule. ASN members may submit comments to the [docket](#) by the **October 13 deadline**.

### **National Obesity Care Week Website Launch**

[National Obesity Care Week](#), November 1-7, 2015, is a National Campaign founded by The Obesity Society (TOS), the Obesity Action Coalition (OAC), Strategies to Overcome and Prevent (STOP) Obesity Alliance and the American Society for Metabolic and Bariatric Surgery (ASMBS). ASN is a champion of the Campaign. The Campaign is facilitating a national conversation on the need for a comprehensive approach to care for those living with the disease of obesity. The [National Obesity Care Week website](#) provides more information about the campaign as well as various resources and tools. National Obesity Care Week is on Twitter, [@ObesityCareWeek](#), [Facebook](#), and [LinkedIn](#).

### **Sustainability and Policy Not To Be Included in 2015 Dietary Guidelines**

DHHS Secretary Sylvia Burwell and Agriculture Secretary Tom Vilsack wrote a joint [blog post](#) prior to the October 7 hearing clarifying that the issues of sustainability and policy, such as a soda tax, will not be included in the 2015 Dietary Guidelines for Americans. The National Nutrition Monitoring and Related Research Act (NNMRRRA) of 1990 states that the scope of the Dietary Guidelines is to provide "nutritional and dietary information and guidelines... based on the preponderance of the scientific and medical knowledge," which Burwell and Vilsack translate to mean that the Guidelines is not the appropriate place to make recommendations on policy and sustainability - though they state that both topics are of great importance and interest to their respective organizations.

### **Nutrition Coalition Announced**

[The Nutrition Coalition](#) (TNC) is "dedicated to ensuring that national nutrition policy is based on rigorous science." Funded by the Action Network Initiative, an advocacy group of philanthropists Laura and John D. Arnold, the coalition is aiming to improve the formation of nutritional policy by instilling key principles into the process, including: 1) Greater transparency; 2) Better safeguards against bias; 3) Increased questioning of longstanding, but possibly erroneous, beliefs; and 4) Stronger methodological rigor. TNC's Governing Board is made up of [Dr. Cheryl Achterberg](#), Dean of The Ohio State University College of Education and Human Ecology; [John Billings](#), Director, NYU Wagner Health Policy and Management Program; and [Nina Teicholz](#), journalist and author of *The Big Fat Surprise: Why Butter, Meat & Cheese Belong in a Healthy Diet*.

### **EFSA's Strategic Direction Open for Public Comment**

The European Food Safety Authority (EFSA) has [asked for public comment](#) to help shape its strategic direction for the next five years. The draft EFSA Strategy 2020 is

open for public consultation for six weeks, during which time all interested parties are invited to comment on and contribute to the document. Comments are due by **November 20, 2015**.

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

## Journal Highlights

### **Advances in Nutrition**

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

- Reviewing the latest clinical research findings, Francesca Pistollato et al. conclude that plant-based diets during pregnancy are generally healthy and recommended, setting the stage for favorable health outcomes for both mother and child. There are some caveats though, particularly for mothers following very strict or limited vegan or vegetarian diets.
  
- In a related article, Julia L Finkelstein et al. note that, while the association between vitamin B-12 and the health of both mother and child has been well established, the underlying causal mechanisms are still unknown. Calling for more research, the authors believe that "the role of vitamin B-12 in the etiology of adverse perinatal outcomes needs to be elucidated to inform public health interventions."

### **The American Journal of Clinical Nutrition: Editor's Pick**

[Comparison of low- and high-carbohydrate diets for type 2 diabetes management: a randomized trial](#). Tay J, Luscombe-Marsh ND, Thompson CH, Noakes M, Buckley JD, Wittert GA, Yancy WS Jr., Brinkworth GD. *American Journal of Clinical Nutrition* 2015;102:780-90.

Does the mix of proteins, fats, and carbohydrates matter when it comes to treating type 2 diabetes? Reporting their findings in *The American Journal of Clinical Nutrition*, an international research team tackled this question by following the health of 115 obese adults who agreed to eat a controlled low- or high-carbohydrate weight-loss diet for 1 year. Although diet composition did not affect weight loss, the low-carbohydrate version provided additional benefits such as decreased use of medications and more favorable blood lipids.

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

[The Intestinal Transport of Bovine Milk Exosomes Is Mediated by Endocytosis in Human Colon Carcinoma Caco-2 Cells and Rat Small Intestinal IEC-6 Cells](#). Tovah Wolf, Scott R Baier, and Janos Zemleni. 218586

Recent studies suggest that humans can absorb microRNAs from cow's milk and that these microRNAs affect gene expression. In this study, the authors tested the hypothesis that the intestinal transport of bovine milk exosomes is mediated by endocytosis in human and rat mucosal cells and that mucosal cells transport milk miRNAs across the basolateral membrane. The intriguing results suggest that the intestinal uptake of microRNAs encapsulated in exosomes is mediated by endocytosis and depends on cell and exosome surface glycoproteins. This novel work expands upon the authors' recent discovery that dietary microRNAs from foods of animal origin are bioavailable in humans.

[Low-Dose Creatine Supplementation Lowers Plasma Guanidinoacetate, but Not Plasma Homocysteine, in a Double-Blind, Randomized, Placebo-Controlled Trial.](#)

Brandilyn A Peters, Megan N Hall, Xinhua Liu, Faruque Parvez, Abu B Siddique, Hasan Shahriar, Mohammad Nasir Uddin, Tariqul Islam, Vesna Ilievski, Joseph H Graziano, and Mary V Gamble. 216739

Hyperhomocysteinemia is associated with increased risk of cardiovascular events and stroke. Although previous studies have examined the effects of interventions to enhance homocysteine removal, such as folic acid supplementation, there has been little attention to interventions which may reduce homocysteine synthesis. In this study in Bangladeshi adults, the authors tested the hypothesis that creatine supplementation would decrease plasma homocysteine in humans by reducing plasma guanidinoacetate which would decrease the rate of utilization of methyl groups for creatine synthesis, thereby lowering homocysteine levels. The results of this carefully conducted study showed that creatine supplementation does decrease circulating guanidinoacetate in humans but not sufficiently to reduce plasma homocysteine concentrations. However, plasma homocysteine did decrease in those who experienced a decline in plasma guanidinoacetate while receiving folic acid supplementation in addition to creatine.

These findings have important implications on the effect of dietary creatine on methyl balance and health.

[Oral Glutamine Supplementation Protects Female Mice from Nonalcoholic](#)

[Steatohepatitis.](#) Cathrin Sellmann, Cheng Jun Jin, Christian Degen, Jean-Pascal De

Bandt, and Ina Bergheim. 215517

Nonalcoholic fatty liver disease, and its risk factors, obesity and insulin resistance, have reached near epidemic proportions. This study, in a Western-style diet-induced mouse model, tested the effects of glutamine supplementation on the development of nonalcoholic fatty liver disease and examined the mechanisms involved. The results suggest that glutamine supplementation reduces hepatic macrovesicular fat accumulation by decreasing inflammation and lipid peroxidation in the liver but not by altering intestinal barrier function. Further studies are needed to test whether these protective effects of glutamine on the development of nonalcoholic fatty liver disease may also be elicited in humans.

## Member Spotlight

- **Dr. Scott Smith**, manager for Nutritional Biochemistry at the NASA Johnson Space Center was named distinguished speaker as part of the Penn State Health and Human Development Alumni Society Distinguished Alumni Speaker Series. Dr. Smith will present "How Nutrition Fuels Human Space Flight" Thursday, Oct. 22 at Penn State University.
- Browse the list of members who joined ASN in [September 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](mailto:vbloom@nutrition.org) to be featured in an upcoming newsletter.*

