



American Society for Nutrition

*Excellence in Nutrition Research and Practice*

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# Nutrition Notes

September 2013

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## Committee News

### Reviews, Papers & Guidelines

ASN develops a variety of statements including systematic reviews, scientific statements, practice guidelines and position statements, on nutrition and nutrition-related topics. These documents assist and provide guidance to researchers, regulatory agencies, public/private funding agencies, health care professionals, the media, and consumers.

Statements include a balanced summary and critical discussion on the most current research on the topic. They may also contain research priorities for investigators and funding

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## President's Column

### Greetings from the President:

**Gordon L. Jensen, MD, PhD**

**Professor and Head, Nutritional Sciences**

**Professor of Medicine**

**The Pennsylvania State University**



Hope everyone had a wonderful summer. It has been a very productive time at ASN with many exciting initiatives moving forward. Please be sure to review the new nutrition research needs report that is the product of our ASN working group that included Robert Russell, Dennis Bier, David Klurfield, Zhaoping Li, Jonathan Mein, John Milner, Catharine Ross, Patrick Stover, Sarah Ohlhorst, and Emily Konopka. They are to be congratulated for their outstanding report entitled "Nutrition research to affect food and a healthy life span." This report can be accessed through our website ([www.nutrition.org/researchagenda/](http://www.nutrition.org/researchagenda/)) as well as *The American Journal of Clinical Nutrition*. It

will help to guide the strong investment and multidisciplinary collaboration that will be needed going forward. See p. 25 for more information about this project. Innovative nutrition research offers tremendous opportunity to favorably impact upon future global health and economies. Advocacy for nutrition research funding remains one of our highest priorities. We are planning a Congressional visit day in Washington, DC for Thursday, December 5, 2013. In this time of funding constraints and multiple competing stakeholders, it is critical that we make our voice heard. The nutrition research needs report will be a great resource in this regard.

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# Nutrition Notes

September 2013



Constituent Society of the  
Federation of American Societies  
for Experimental Biology

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Deadline for submission of all copy: First day of February, May, August, or November.

## Committee News

*continued*

agencies; regulatory, policy and/or clinical practice recommendations; and/or dietary advice for consumers. Active areas of investigation, research gaps and future research directions may also be identified.

The Reviews, Papers and Guidelines Committee oversees ASN's statement development process which includes the following:

- Identification of statement topics to address timely targeted and/or global nutrition issues;
- Appointment of writing committees to address identified topics;
- Review of writing committee disclosures;
- Management of the peer review process to ensure that ASN statements are objective and balanced and promote accurate, relevant scientific information.
- Final review and approval. After the peer review process is complete and any necessary revisions to the manuscript are made, the RPG Committee will review, accept, or reject the manuscript. All approved manuscripts will be forwarded to ASN's Board of Directors for final review and approval. The RPG Committee and the ASN Board recognize that all ASN members may not necessarily agree with the recommendations or other directives in ASN statements. Exerting their duties as elected Society leaders, ASN Board members will base decisions on what is deemed most appropriate for the Society and the nutrition community as a whole.

Currently, there are two mechanisms for funding ASN statements:

- As ASN receives requests from external groups such as industry and trade organizations to develop objective, science-based reviews on nutrition-related topics, ASN accepts educational grants to fund the development and publication of scientific statements as well as communications strategies to disseminate their findings. Funding sources are disclosed in published statements.
- ASN's Foundation also offers the opportunity for individuals, industry, government and other non-profit groups to support ASN's statement development process by accepting unrestricted contributions. These grants are allocated to one fund and dispersed by the Foundation Board. This Board can direct ASN to initiate a statement to provide a thorough review of a timely topic to provide guidance to appropriate audiences.

Regardless of funding source, the Society has complete control of the statement development process, including the selection of a writing committee and peer reviewers, and exercises independent judgment in all decision making related to the project.

More information on the statement development process can be found at [www.nutrition.org/news/fact-sheets-and-position-papers/](http://www.nutrition.org/news/fact-sheets-and-position-papers/). This web page

also includes a proposal form to submit topic ideas for future statements.

Check out the most recent ASN statement published in the August 2013 edition of *The American Journal for Clinical Nutrition* titled “Consumption of Cereal Fiber, Mixtures of Whole Grains and Bran, and Whole Grains and Risk Reduction in Type 2 Diabetes, Obesity, and Cardiovascular Disease.”

If you have any questions about the work of the Reviews, Papers and Guidelines Committee, please contact me.

*Contributed by Connie Weaver  
weavercm@purdue.edu*

## Student Interest Group

Hello Everyone! My name is Rebecca Creasy, and I am the incoming Chair for the Student Interest Group (SIG). I am excited about the upcoming year and the opportunity to serve members of the SIG so that they can gain the most from their nutritional science education and ASN membership.

During the late spring and summer, the SIG has been busy holding elections for new Executive Committee Members. We received leadership applications from a large number of highly qualified candidates. We are pleased to announce the election results. Ashley Vargas, Harvard University, will serve as Secretary; Lauren Atwell, Oregon State University will serve as SIG Awards Chair and Lindsey Smith from the University of North Carolina will serve as the At-Large Delegate. Thank you to all who submitted nominations.

We would like to sincerely thank our Executive Committee Members whose terms have ended. These individuals include: Elizabeth Reverri, Albert Zhou, and Sheau Ching Chai. Each of these individuals dedicated a large amount



*Minority Affairs Committee Chair Charlotte Pratt (at right) visits posters at EB 2013.*



*Fellows Committee Chair Harvey Anderson (right) visits with colleagues at EB 2013.*

of their time and efforts to make SIG activities a success during the past year. We are grateful for their service and wish them the best of luck in their future endeavors.

One initiative of the SIG is to engage members through social media. Last year we had an excellent group of student bloggers who regularly posted entries on a variety of nutrition topics. The new ASN Student Bloggers for 2013 – 2014 are Katie Coakley, Larry Istrail, Meghan Johnson, Dylan Lennon, Ralph Pietrofesa, Sabrina Sales Martinez, Lindsey Smith, Colby Vorland and Corrie Whisner. These bloggers have research interests ranging from nutrition policy to nutrient metabolism. Please be on the lookout for some intriguing and thought-provoking blog entries from these authors.

Although it is only September, plans are already underway for SIG events at EB 2014 in San Diego. Events for students include: Meet the Fellows, Speed Mentoring, and the Graduate Student Breakfast and Poster Competition. The SIG will also be hosting a special session at EB entitled “Best Practices for Your Research Toolkit: Developing a Research Agenda, Locating Collaborators/Mentors, Obtaining Funding, and Disseminating Your Work.” The session will feature 4-5 speakers and will include time for attendees to ask questions on how they can build or improve their research toolkit.

Information about SIG events at EB 2014 and other announcements will be sent through the SIG Listserv during the upcoming year. If you have any questions about the SIG or suggestions for ways in which we can improve our service to members, please feel free to contact me at [beccac@uga.edu](mailto:beccac@uga.edu).

*Contributed by Rebecca Creasy  
SIG Chair*



# Committee News

continued

## Young Professional Interest Group (YPIG)

The YPIG was very busy over the summer holding elections for the At-Large Delegate position on the executive leadership committee. The YPIG would like to thank everyone who submitted applications and voted in the election. We are pleased to announce the 2013-2014 YPIG leaders:

**Chair:** April Stull

**Vice Chair:** Eric Ciappio

**Past-Chair:** Holiday Durham

**At-Large Delegates:**

Jennifer Lambert

Joel Anderson

Mary Henderson

Marie Fialkowski

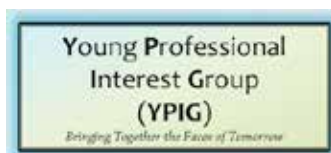
Pao Ying Hsiao

**Advisor:** Christina Sherry, Advisor

Rob Rhoads, Advisor

**Board Liaison:** Purnima Menon

**Staff:** Katie Oster and Paula Eichenbrenner



As we begin to plan for events at EB 2014, the YPIG is pleased to announce that they will be hosting a special Education Track session titled: "Successful Scientist: What's the Winning Formula?" which will address ways in which to handle failures and regroup for successes with your career goals in mind. Speakers will share strategies and tactics to deal with setbacks and move toward success. We are also looking forward to planning our signature events at EB 2014, which include our Networking Event and Speed Mentoring co-sponsored with the Student Interest Group and the Postdoctoral Research Award Competition, supported by Solae, LLC. We are actively fundraising and seeking sponsorship for the YPIG.

Don't miss our next newsletter specifically geared towards emerging scientists which will be sent out in September. If you don't receive a copy in your inbox, please email [mem@nutrition.org](mailto:mem@nutrition.org).

*Contributed by April Stull*

*April.Stull@pbrc.edu*

## Council News

### Global Nutrition Council



The GNC keeps thriving thanks to the collective work of its membership and the work and dedication of its governance committee (GC).

The GNC GC

is very grateful to David Pelletier (Cornell), Jeff Leroy (IFPRI), and Ines Gonzalez Casanova Soberon (student representative, Emory) for their great service to the GNC GC during their term that ended last June. At the same time we welcome newly elected

members Gilberto Kac (Federal University Rio de Janeiro), Parminder Suchdev (CDC / Emory), and Winnie Bell (student representative, Tufts).

GNC members continue to have a major impact in their fields of work. Congratulations go to Anna Larrey from the University of Ghana who has been appointed as the new Director, Nutrition Division at FAO Headquarters in Rome, effective October, 2013. Anna, a national of Ghana, holds a PhD in International Nutrition from the University of California, Davis, and a Master of Science degree in Nutritional

Sciences from the University of Guelph, Ontario, Canada. In 1986, Anna became a Lecturer, Department of Nutrition and Food Science, University of Ghana and, in 1999, she was promoted Senior Lecturer in the same Department. Between August 2005 and 2008, she served as the Head of the Department. She is currently the President-elect of the International Union of Nutritional Sciences (IUNS) and served in the GNC GC for many years. Anna has been a pioneer and major force in the field of public health nutrition research, training, and education in Sub-Saharan Africa and through her

FAO appointment has now positioned herself to transfer the major impact that she has had in Africa to the global community. The GNC also congratulates the Mexican National Institute of Public Health (INSP) for releasing the first round of results from the 2012 Mexican NHANES (ENSANUT 2012), and for promptly making available the survey's data to the scientific community through a high quality public domain framework. Congratulations to GNC members Juan Rivera, Tere Shamah, and colleagues at INSP for leading this effort. ENSANUT 2012 measured a wealth of dietary and nutrition indicators and for the first time included a standardized experience-based household food insecurity measure using the ELCSA scale that was developed with strong input from GNC members.

The recently released 2013 Lancet Series on maternal-child nutrition also includes major contributions from GNC members. The series clearly calls for addressing scaling up through implementation science research to move the global nutrition agenda to the next level. The GNC GC strongly encourages members to consider developing symposia proposals for EB2015 focusing on implementation science and scaling up of efficacious nutrition interventions. The series also emphasizes the need to address nutrition problems through intersectorial activities, paying special attention to the links between agriculture, food, nutrition and health. The GNC GC also encourages for the membership to consider developing symposia proposals in this area for 2015, especially since that is the year that the UN Millennium Development Goals will expire to be followed by the UN post-2015 development goals that focus heavily on equitable economic

growth based on sustainable development driven by socially inclusive multisectorial agendas.

The GNC GC welcomes the formation of the ASN Global Advisory Ad Hoc Committee formed by ASN President Gordon Jensen with the goal of developing a framework for international activities and partnerships with societies abroad. The GNC will be represented in this committee by GC member Gilberto Kac. The GC recommends the GNC membership to follow and get actively involved with this ASN initiative that can have major global implications. I look forward to working with you on your Global Nutrition Symposia proposals for EB 2015. Please keep us in the loop!

*Contributed by Rafael Pérez-Escamilla  
rafael.perez-escamilla@yale.edu  
Chair, Global Nutrition Council*

## Medical Nutrition Council



**Free Webinar:  
Balancing  
Sodium and  
Potassium  
Intake for  
Disease  
Prevention and  
Optimal Health,  
Tuesday,  
September 24,**

**2013, 11:30 am – 1:00 pm ET**

Please join us for this free upcoming webinar hosted by the USDA Agricultural Research Service, Beltsville Human Nutrition Research Center in collaboration with the American Society for Nutrition. This webinar will focus on the range of sodium and potassium intakes by Americans, disease conditions associated with sodium and potassium intakes, and genetic variability in response to these dietary components. For more details and to register, go to [www.ars.usda.gov/bhnrcwebinar](http://www.ars.usda.gov/bhnrcwebinar).

**Travel Awards for ASN's Advances and Controversies in Clinical Nutrition December 5-7, 2013, Washington, DC:** The Medical Nutrition Council is pleased to report the availability of travel awards for the upcoming Advances and Controversies in Clinical Nutrition conference. Applicants must be a current graduate student, medical students, residents and/or postdoctoral fellow and presenting author of the submitted abstract. The abstract must have been submitted for presentation at Advances and Controversies in Clinical Nutrition. A minimum of seven \$750 travel awards will be awarded based on abstract quality. Abstract and Travel Award Applications are due September 20, 2013. We have an exciting program planned and hope to see fellow MNC members in Washington, DC this December. For conference information, please go to [www.nutrition.org/meetings/clinical](http://www.nutrition.org/meetings/clinical).

**Southern Society for Clinical Investigation's Southern Regional Meeting:**

Once again, the MNC is co-sponsoring a session at the Southern Society for Clinical Investigation's Southern Regional Meeting to be held February 20-22, 2014 in New Orleans. The session will include presentations on nutrition-related abstracts submitted to the meeting. Abstracts are being accepted through October 11. The MNC is excited to support a \$500 award to recognize and encourage excellence in nutrition research. One finalist will be chosen to receive a \$500 stipend to facilitate attendance at the SSCI meeting or Experimental Biology 2014. For information go to [www.ssciweb.org/meetings.php](http://www.ssciweb.org/meetings.php).

*Contributed by Ed Saltzman  
Edward.saltzman@tufts.edu*

## PRESENTATION HIGHLIGHTS

- ★ The Changing Paradigm: A History of Dietary Guidance and Recommendations in the U.S.
- ★ Fortified Foods, Dietary Supplements and All Else Missing from the Dietary Guidelines for Americans
- ★ Are Nutrient-Gene Interactions Ready for Prime Time?
- ★ Is it Ever Too Early to Intervene in Childhood Obesity?
- ★ Bariatric Surgery in Obese Children and Adolescents
- ★ Can SNAP Improve Nutrition and Reduce Obesity?
- ★ The Gluten Controversy: Much More than Celiac Disease?
- ★ New Technologies for Monitoring Food Intake
- ★ Evaluating and Implementing Popular Diets for Your Patients: From the Mediterranean to the DASH Diet

## FEATURED SPEAKERS

### David Heber, MD, PhD

Professor, UCLA Department of Medicine, founding Chief of the Division of Clinical Nutrition, at the David Geffen School of Medicine, UCLA, and UCLA School of Public Health

### Joanne L. Slavin, PhD, RD

Professor, Department of Food Science and Nutrition, University of Minnesota

### Roger Clemens, DrPH

Adjunct Professor of Pharmacology and Pharmaceutical Sciences within the USC School of Pharmacy

### Heather Leidy, PhD

Assistant Professor, Nutrition & Exercise Physiology, University of Missouri

## ABSTRACT SUBMISSION

The Call for Abstracts for the conference is now open. For information and abstract submission instructions visit [www.nutrition.org/meetings/clinicalabstracts](http://www.nutrition.org/meetings/clinicalabstracts). Deadline for abstract submission is September 20, 2013.

## CONTINUING EDUCATION CREDITS AVAILABLE!

ASN (Provider #NS010) is accredited and approved by the Commission on Dietetic Registration (CDR) as a provider of Continuing Professional Education (CPE) programs for Registered Dietitians.

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of Tufts University School of Medicine (TUSM) and the American Society for Nutrition. TUSM is accredited by the ACCME to provide continuing medical education for physicians. This activity has been approved for *AMA PRA Category 1 Credit*.™

Tufts University School of Medicine Office of Continuing Education is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's COA. This activity provides Contact Hours for nurses.

This activity has been approved for a total of 14 Category 1 continuing education contact hours for CHES/MCHES in health education by the National Commission for Health Education Credentialing. *Maximum advanced-level continuing education contact hours available are 0.*

## CONFERENCE INFORMATION

With timely updates on nutrition science that could impact the 2015 Dietary Guidelines for Americans, this meeting will discuss integrating evidence-based research findings into clinical practice. Registration rates begin at \$275 for ASN members. Discounted rates also available for one day registration, students, young professionals, and more.



# ADVANCES & CONTROVERSIES in CLINICAL NUTRITION

**THIRD  
ANNUAL!**

**December 5-7, 2013**

**Capital Hilton, 1001 16th St. NW, Washington, DC**

Organized by the American Society for Nutrition in partnership with the Tufts University School of Medicine



American Society for Nutrition  
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[www.nutrition.org](http://www.nutrition.org)



School of  
Medicine

**Abstract Submission Deadline**  
September 20, 2013

**Early Registration Deadline**  
Register early and save!  
October 1, 2013

**Hotel Reservation Deadline**  
November 15, 2013



## Nutritional Sciences Council (NSC)



This summer the NSC committee welcomed three new members, David Allison, Stacy Blondin and Forrest Nielsen. The committee has been busy discussing how to involve the membership in both NSC and broader ASN activities and has a number of ideas that will be forthcoming over the next few months. One ongoing topic of

discussion is the Graduate Student Research Awards and the committee wishes to remind the membership that abstracts submitted through ASN to EB 2014 are eligible for this program. The committee also encourages members to submit late-breaking topics for EB 2014 (due September 3, 2013) and to develop both symposia and possible satellite meetings for future dates.

A number of upcoming ASN conferences may be of interest to the membership. Advances and Controversies in Clinical Nutrition, December 5-7, 2013 in Washington DC, together with a preconference on developing a framework for the evaluation of bioactives; and a joint conference with the American Society of Animal Science on innovations in animal and human health, September 22-23 in Braselton, GA. Similarly, another conference of interest is Evaluating Bioactive Food Components in Obesity and Cancer Prevention, to be held September 27-29 in Fort Walton Beach, FL.

*Contributed by Malcolm Watford  
watford@aesop.rutgers.edu*

## Dr. Tucker Becomes Editor of *Advances in Nutrition*



On August 1, 2013, Dr. Katherine L. Tucker assumed the Editorship of *Advances in Nutrition*, taking the helm from Dr. John W. Suttie after his successful tenure as inaugural Editor. One of the strengths Dr. Tucker brings to the position is a true multidisciplinary understanding of nutrition. In addition to publishing quality reviews that consider multiple levels of evidence,

Dr. Tucker hopes that *Advances in Nutrition* will become a forum for lively intellectual exchange, to help clarify confusion when conclusions differ in population based studies relative to metabolic studies and to explain the complexity of the interpretation of evidence.

Dr. Tucker has more than 230 publications on nutritional epidemiology and diet and health research. She has served as an associate editor for *The Journal of Nutrition* and *The British Journal of Nutrition* and is currently an associate editor for *Public Health Nutrition*. She is also an immediate past chair of ASN's Nutritional Sciences Council where she led the graduate student award competition.

Congratulations to *Advances* for being named Best New Journal Finalist by ALPSP.

If you have questions about a possible manuscript submission, please direct inquiries to Dr Tucker at: [katherine\\_tucker@uml.edu](mailto:katherine_tucker@uml.edu).

In addition, if you would like to serve as a reviewer for *Advances in Nutrition* or are interested in serving on the Editorial Board, please feel free to contact Dr. Tucker or ASN staff at [advances@nutrition.org](mailto:advances@nutrition.org).

## Dietary Guidelines Request

The second meeting of the 2015 Dietary Guidelines Advisory Committee is scheduled for October 3 and 4, 2013. In-person and webcast meeting registration is expected to open on September 4 and will be accessible at [www.dietaryguidelines.gov](http://www.dietaryguidelines.gov). ASN plans to submit written comments and deliver oral testimony during the meeting. ASN welcomes your input as we prepare comments for the Dietary Guidelines Advisory Committee throughout their deliberations. We are specifically interested in hearing from you the areas in nutrition science where the research has evolved significantly since the 2010 Dietary Guidelines were released. Please send any input to Sarah Ohlhorst at [sohlhorst@nutrition.org](mailto:sohlhorst@nutrition.org).

# Research Interest Section (RIS) News

## From the RIS Director



A number of activities have been initiated during June and July to move the RIS forward for the 2013-14 year. On July 25-26, the ASN RIS Leadership Task Force and Staff Team (see picture) met at the ASN office to collaborate in developing an action plan that would reflect the role of the RIS in the ASN 2012-16 Strategic Plan.

During this two day meeting, Dr. Cathy Kapica, facilitator, led the team in a creative process with one of the first steps being to develop a definition of the RIS, which would build upon the vision and goals first articulated by Dr. Vernon Young who established the RIS in the mid-1990s. The result is the following definition: The RIS are communities of ASN members with shared research

interests. Active participation in the RIS provides the members with opportunities to advance nutrition science, further professional growth and development, and advance ASN. Examples of benefits to RIS members include career development, mentoring, leadership roles, talent recognition, sustained enriching educational experiences, and networking activities. This step established the framework for developing the action plan with objectives and metrics that will be presented to the Board of Directors during the December meeting.

## Moving Forward with Steps to Assure Abstract Quality

A five-member RIS committee, under the guidance of ASN's Education & Professional Development staff, is moving forward with the learning from the two-year RIS project which piloted a scoring system for evaluating the quality of the abstracts. The committee is reviewing this information for integration into an in-house electronic system to assure that oral and poster sessions provide the best science possible, and are aligned with the selected topic category. Start-up is planned for this fiscal year.

## RIS Activities for Member Engagement

The reports from each of the RIS chairs in this issue provide the RIS members, and potential new members, with an overview of activities for professional growth advancement. In addition, editors from each of the ASN journals will be visiting with the RIS Chairs during the bi-monthly conference calls to advise them of opportunities their respective journal can offer. And finally, a key focus of the Education & Professional Development staff is to work with the RIS chairs to jointly developing activities, like webinars, to meet the educational needs of the members.

Looking ahead, it is not too early to start considering the development of abstracts to submit for one or more of the poster and oral sessions for EB 2014 in San Diego, April 26-30. Look for more information online in the "Call for Abstracts." To assist with this activity, these resources are available: [How to Write an Abstract](#) (PDF) and [Getting it Right: Tips for Writing a Scientific Abstract](#) (Webinar). Abstracts are due November 8, 2013.

If you have suggestions or comments, please feel free to contact me.

Contributed by Frances A. Coletta  
ASN RIS Director  
[fcoletta@colettaconsulting.biz](mailto:fcoletta@colettaconsulting.biz)



## ASN RIS Leadership Task Force and Staff Team Meet

**L to R first row:** Cathy Kapica, facilitator and Past Chair – Nutrition Translation RIS; Frances Coletta, RIS Director; Teresa Davis, Past ASN President; Kevin Schalinske, RIS Director-Elect. **L to R second row:** Lars Bode, Past Chair – Lactation RIS; Suzie Goodell, Past Chair – Nutrition Education RIS; Shirley Gerrior, Past RIS Director; John Courtney, ASN Executive Director. **Not pictured:** Michelle McGuire, Past RIS Director; Paula Eichenbrenner, VP of Society Advancement; Gwen Twillman, Managing Director, Education & Professional Development; Katie Oster, Member Relations Coordinator.



## Aging & Chronic Disease

Before you know it, two annual conferences: *Advances & Controversies in Clinical Nutrition* in Washington DC (**December 5-7, 2013**) and EB 2014 in San Diego (**April 26-30, 2014**) will be upon us!

The first event in DC has an abstract submission deadline of September 20, and early registration deadline of October 1. Abstracts will be presented as posters at this event.

The abstract deadline for EB 2014 is November 8, 2013. The ASN Abstract Review Subcommittee is meeting quite regularly to improve and expedite the abstract review and placement process because we have a new company who will handle abstract submissions for EB 2014.

As chair now for a second year, I'd like to summarize the work our membership has accomplished thus far. For the first time we held elections via our electronic listserv for the Chair-Elect position; Carmen Sceppa was so elected. Next, we set up a website for our RIS which has been a way for the membership to see information about events of our RIS at EB and well as to meet our Chair, Chair-Elect and past Chair of the ACD RIS. Check it out [www.nutrition.org/agingandchronicdisease/](http://www.nutrition.org/agingandchronicdisease/). As started by the immediate past Chair, Denise Houston, our second annual poster competition was held at EB 2013. There were so many fantastic posters! Two graduate students received awards for their presentations. Many of our RIS members reviewed abstracts and judged posters and I thank everyone for their efforts.

In the coming year, our webinar on ***“Understanding and Interpreting Meta-Analyses in Nutrition Research”*** will be scheduled. We intend to add at least one graduate student, one postdoctoral student and a secretary position to our executive committee. Please check out our listserv or the website for upcoming announcements. In February/March prior to our annual meeting in April, we will make a call for nominations for the Chair-Elect position and will distribute this announcement via the RIS listserv and website. I will rotate off as Chair in June 2014 and Carmen will become Chair at that time. Please consider running for Chair-Elect. You may nominate yourself or nominate others who are willing to run. Please let us know if you are considering this! Finally, for EB 2014, we wish to have a postdoctoral poster competition in addition to the graduate student poster competition. Please keep this in mind as you prepare abstracts to submit to EB 2014.

Any new ideas or suggestions can be emailed to us directly or through the listserv. Thank you!

*Contributed by Christy Tangney, Chair*  
[ctangney@rush.edu](mailto:ctangney@rush.edu)

## CARIG

CARIG continues to promote research into the nutritional roles, functions, and actions of carotenoids and their metabolites. We would like to remind you all and the CARIG members to mark their calendars for several upcoming CARIG sponsored events to be held next spring at Experimental Biology 2014 in San Diego. The CARIG 2014 Conference will again be held on the Friday afternoon before the Saturday opening of the ASN program. EB 2014 also will feature a CARIG/VARIG trainee poster and award session and business meeting during the annual social following the CARIG Conference.

The steering committee has also set the CARIG minisymposium topics for 2014:

1. Carotenoids and Health
2. Carotenoids & Retinoids: Molecular Mechanisms of Action
3. Bioavailability & Metabolism of Carotenoids & Vitamin A
4. Biofortification of Staple Crops with Micronutrients

We would like to thank all the members who have already volunteered to help us in the coming year. Special thanks to our outgoing Chair, Earl Harrison, to our outgoing acting Treasurer Elizabeth Johnson and to our Chair Elect, Zeina Jouni. We would also like to welcome Jessica Campbell as the new Treasurer as well as five new members: Lisa Jahns; two student representatives, Bryan Gannon and Jessica Copperstone; and two postdoc representatives, Shellen Goltz and Matthew Toomey. If you are interested in contributing as a RIS officer, or if you have ideas for symposia or CARIG Conference topics for EB 2014, please contact the RIS leadership: Earl Harrison (Past Chair, [harrison.304@osu.edu](mailto:harrison.304@osu.edu)), Loredana Quadro (Chair, [quadro@aesop.rutgers.edu](mailto:quadro@aesop.rutgers.edu)), or Zeina Jouni (Chair Elect, [zeina.jouni@mjn.com](mailto:zeina.jouni@mjn.com)).

Additional information on the upcoming 2014 events will appear through the listserv and in subsequent issues of *Nutrition Notes*.

*Submitted by Loredana Quadro, Chair*  
[quadro@aesop.rutgers.edu](mailto:quadro@aesop.rutgers.edu)

## Community and Public Health Nutrition

With EB 2014 abstract submissions right around the corner, it is time to start preparing for EB 2015. We did have a very productive business meeting in April, and good symposium ideas were generated. Now, we would like to see them turn into great proposals for the 2015 meeting. Even if you missed the business meeting but have additional symposium ideas, please send them in. Email a brief description of your suggestions to the Chair, Nurgul Fitzgerald at [nfitzgerald@rce.rutgers.edu](mailto:nfitzgerald@rce.rutgers.edu) by October 31, 2013. After a review of all submissions, the RIS advisory group will request full descriptions of the proposals that CPHN RIS may sponsor.

We look forward to your suggestions to keep the CPHN RIS in the forefront of current discussions in this field. Remember that many of the symposia presentations turn into peer-reviewed publications. Think about what will be of interest to a wide base of attendees in 2015 and be sure to send in your ideas!

In April, we generated the following list of minisymposia topics for EB 2014:

- Food security and its connections to nutrition and health
- Community and public health nutrition interventions
- Health disparities and promoting health in diverse populations
- Food environment
- Health systems and food systems approaches in community and public health nutrition

Please note that abstract submission deadline for EB 2014 is November 8, 2013. Be sure to send in your submissions and encourage your colleagues and students to submit abstracts to the sessions. When you are selecting the topic category for your submission, please pay close attention to the focus of each session - shown as underlined in the list above. For example, the key focus of the “Community and public health nutrition interventions” session is the intervention results. If you will be submitting the descriptive statistics (eg, food insecurity prevalence during baseline) and not the intervention results of a community nutrition intervention, this abstract may be more appropriate for the “food security” session rather than the “community and public health nutrition interventions” session. If you would like to participate in the abstract review process, please email Nurgul by September 30, 2013.

Award nominations are due by mid-September. Please also remember that we will be considering all abstract submissions for the CPHN RIS Student and Postdoctoral Fellow Abstract Competition. As all CPHN RIS abstracts go through the peer review and scoring process, one

oral and one poster presentation will be chosen among the highest scoring abstracts. Winner of the oral abstract category will be determined before the EB conference, and the poster competition will be finalized during our business meeting in San Diego.

Thank you all for the great ideas, your hard work, and dedication to community and public health nutrition and the RIS.

*Contributed by*  
*Mike Burke*  
*Communications Officer*  
*Burkemp2@email.sc.edu*  
*Nurgul Fitzgerald*  
*CPHN RIS Chair*  
*nfitzgerald@rce.rutgers.edu*

## Diet and Cancer

It is both an honor and a pleasure to serve as the Chair of the Diet and Cancer RIS for the 2013-2014 year. I look forward to meeting and getting to know each of you in the coming year. I hope everyone has had a productive summer and is anticipating an exciting upcoming year.

First, I would like to thank Dr. Jenifer Fenton, our Past President for her service to the Diet and Cancer RIS. She did an outstanding job, and I look forward to her input and advice during the coming year. Next, I would like to introduce our new Chair-Elect, Zora Djuric, Ph.D. Dr. Djuric is a research professor at the University of Michigan, Department of Family Medicine. Dr. Djuric's current research focuses on cancer prevention and the lifestyle changes that can be used to reduce cancer risk. This research is highly interdisciplinary and encompasses both behavioral aspects of prevention as well as laboratory-based research on biomarkers of cancer risk.

An update on EB 2014 follows: Abstract submission for EB 2014 closes November 8, 2013. The Diet and Cancer RIS has been approved to host three sessions at Experimental Biology in San Diego, April 26-30, 2014. They are entitled “Diet and Cancer: Molecular Targets”; “Diet and Cancer: Animal Studies” and “Diet and Cancer: Clinical and Human studies.” In addition to these sessions, we will hold our graduate student and postdoc poster competition and annual business meeting. We always need judges to run the poster competition, so start considering this role if you haven't done this before as a service to our RIS.

We are always looking for new members. We want to inform our members and future members that our RIS now has a Facebook page, so we encourage you to follow our Facebook page for updates (this is new!!!). You can also email the Diet and Cancer RIS at [dietandcancerRIS@](mailto:dietandcancerRIS@)

[gmail.com](mailto:cjr102@psu.edu) with any ideas, concerns or comments relevant to our RIS. The goals of our Facebook page and email account are to 1) increase communication within our RIS members 2) highlight member accomplishments and 3) disseminate details of the business meeting as well as other Diet and Cancer RIS activities. We will be posting relevant information on our Facebook page and in Nutrition Notes as they become available.

*Contributed by Connie Rogers  
cjr102@psu.edu*

## Dietary Bioactive Components

The Dietary Bioactive Components RIS welcomes ASN members interested in the understanding of the efficacy and safety of foods and their biologically active compounds. DBC focuses on elucidating the biological, biochemical and genetic basis by which such compounds may reduce the risk of chronic disease, contribute to toxic effects or convey health benefits. Policy and regulatory affairs of foods and biologically active compounds are also addressed. You may join RIS by updating your member information within your "My Account" on the ASN website. Please consider encouraging colleagues with these interests to join as well! Our large and active membership allows us to support a variety of minisymposia and networking opportunities year round.

Congratulations to the newly elected Dietary Bioactives RIS officer team:

**Chair Elect:** Janet Novotny, U.S. Department of Agriculture

**Secretary:** Joshua Lambert, The Pennsylvania State University

**Treasurer:** LeeCole Legette, Oregon State University

**Student Rep:** Josh Smith, University of Illinois

This year's scientific sessions and annual meeting in Boston saw a record number of competitors in the Dietary Bioactives RIS poster competition. Co-hosting the poster competition with the Vitamins and Minerals and the Nutrient Gene Interaction interest sections was a great success. We had over 90 competitors overall in the Bioactives RIS, inclusive of Undergraduate, Masters, and PhD students, as well as and Post-Docs. Thanks to the 25+ members who volunteered to judge posters and the Council for Responsible Nutrition for financially supporting the RIS poster competition!

As a reminder, the submission deadline for abstracts for the Experimental Biology meeting in San Diego, CA is November 8. Please consider submitting your abstract to any of the following applicable RIS minisymposia:

- Bioavailability, Metabolism and Biomarkers of Dietary Bioactive Components
- Mechanisms of Action and Molecular Targets of Dietary Bioactive Components

- Effects of Dietary Bioactive Components on Experimental Models of Chronic Disease Risk
- Antioxidant and Anti-inflammatory Effects of Dietary Bioactive Components
- Cardiovascular Effects of Dietary Bioactive Components
- Dietary Bioactive Components of Medicinal, Functional and Whole Foods (including Probiotics and Fermented Foods)

After the great success of our joint poster session this past EB, we will likely have this format at EB 2014 in April. Please continue to encourage your students and postdocs to take part in the poster competition and RIS events throughout the year.

Nominations for all ASN awards are due by September 15th. The Mary Swartz Rose Awards are given specifically to a junior and senior investigator for outstanding research on the safety and efficacy of bioactive compounds for human health.

We look forward to another wonderful year of RIS growth and advancement of science in the field.

*Contributed by Taylor C. Wallace  
Dietary Bioactive Components RIS Chair  
taylor.wallace@me.com*

## Energy and Macronutrient Metabolism (EMM)

The Energy & Macronutrient RIS welcomes ASN members interested in the function and metabolism of carbohydrates, lipids, proteins, and amino acids. You may join EMM-RIS by updating your member information within your "My Account" on the ASN website. Please consider encouraging colleagues with these interests to join as well! Our large and active membership allows us to support a variety of minisymposia and full symposia at Experimental Biology meetings. Abstracts for Experimental Biology 2014 in San Diego are due November 8th. The EMM-RIS will be organizing the following minisymposia topics for EB 2014:

- *Energy balance, macronutrient and weight management*
- *Obesity and the metabolic syndrome (co-sponsored with the Obesity RIS)*
- *Protein and amino acid metabolism*
- *Lipid and fatty acid metabolism and transport*
- *Dietary factors affecting lipid metabolism*
- *Polyunsaturated fatty acids and health*
- *Metabolic phenotyping, metabolomics and biomarkers*
- *Carbohydrate metabolism*
- *Regulation of food intake (co-sponsored with the Obesity RIS)*
- *Protein intake and health implications*



We are also pleased to announce 2 more EMM topics.

- *Energy metabolism and aging (co-sponsored with the Aging RIS)*
- *Energy and macronutrient metabolism and gut*

The EMM-RIS is also sponsoring two Symposia at EB 2014: "Optimizing protein quality and distribution to improve health outcomes" chaired by Heather J. Leidy and Wayne W. Campbell and "Modifying eating behavior: novel approaches for reducing body weight" chaired by Megan A McCrory and Nana Gletsu-Miller.

Finally, the EMM-RIS would like to welcome its new Steering Committee members: Chair-Jamie I. Baum, Chair-Elect-Anna Thalacker-Mercer, Past-Chair-Heather J. Leidy, Members at Large-Lauri Byerley, Chaodong Wu, Vicky Viera Potter, Lee Beverly, and Maria Luz Fernandez, and Student Members-Larua Ortinau and Tzu-Wen Liu.

If you have suggestions for future minisymposia, full symposia or anything regarding EMM please contact Jamie, Anna or Heather (contact information below). Also, if you have information you would like to share with the EMM-RIS group, please use the listserv function for the EMM-RIS (Jamie can help with any questions).

Have a great fall!

*Contributed by Jamie I. Baum, Chair (baum@uark.edu) on behalf of Anna Thalacker-Mercer, Chair-Elect (aet74@cornell.edu), and Heather J. Leidy, Past-Chair (leidyh@missouri.edu)*

## Experimental Animal Nutrition

I hope that everyone has had a wonderful summer!

In the last couple of months, our 2013-2014 Steering Committee was finalized:

**Chair:** Kristine Urschel, University of Kentucky

**Chair-Elect:** Elizabeth Gilbert, Virginia Tech

**Past-Chair:** Kim Barnes, West Virginia University

**Treasurer:** Kola Ajuwon, Purdue University

**Secretary:** Ryan Dilger, University of Illinois

**Program Coordinator:** Barry Bradford, Kansas State University (1st year of 2 year term)

**Industry Representative:** Anna Kate Shoveller, P&G Pet Care (1st year of 2 year term)

**Student Representative:** Yihang Li, North Carolina State University (2nd year of 2 year term)

Thank you to everyone who participated in the online voting process and to the outgoing members of our Steering Committee, Rob Rhoads (Past-Chair, Virginia Tech), Nick Gabler (Program Coordinator, Iowa State University) and Ryosei Sakai (Ajinomoto Co., Inc., Industry Representative). For anyone else that would like to

get involved in the planning and execution of our RIS activities, there are a few areas where we will need help in the upcoming months.

Looking ahead, the abstract deadline for EB 2014 in San Diego CA (April 26-30, 2014) is November 8, 2013. This year we will have the following abstract categories, which will be offered as poster sessions and/or minisymposia:

- Companion animal nutrition and physiology
- Animal research models for macronutrient metabolism
- Animal research models investigating nutrition and inflammation
- Animal research models in intestinal physiology and digestive function
- Animal research models in nutrition and musculoskeletal development
- Animal research models of fetal programming.

If you are interested in acting as a Chair or Co-Chair for one of these sections at EB or in assisting with the abstract review process in November 2013, please contact me. Once again, we will be holding a graduate student poster competition at EB 2014, so please encourage your graduate students to submit their abstract for this competition, in addition to submitting to one of our abstract categories. Details about the poster competition will be sent around via the listserv in early 2014. We are always looking for judges for the poster competition as well, so if you are interested, please contact our Chair-Elect, Elizabeth Gilbert ([egilbert@vt.edu](mailto:egilbert@vt.edu)).

Thank you all for your continued support of the Experimental Animal Nutrition RIS and I look forward to serving as your Chair for 2013-2014.

*Contributed by Kristine Urschel  
klur222@uky.edu*

## Lactation

On June 1, Laurie Nommsen Rivers stepped down from her position as Chair. Thank you for your years of outstanding service Laurie! Lars Bode has now moved into the Past-Chair position where he will assist our incoming Chair, Cheryl Lovelady for 2 more years. Thanks also to Lars for his excellent leadership, enthusiasm and bringing us into the age of social media! Under Lars' direction we increased our RIS membership by more than 50% and now boast 500 members! As the Chair-Elect, I look forward to working with Lars and Cheryl to continue the tradition of outstanding leadership in the Lactation RIS.

Our “senior” student representatives Beth Widen and Hannah Holscher will be rotating off after 2 years of excellent service—thanks to Hannah and Beth for everything they’ve done for the RIS! We’d like to welcome Sonya Cameron and Chloe Autran as our new Lactation RIS Student representatives. Sonya is a PhD candidate in the Human Nutrition Department at the University of Otago, New Zealand. Her PhD work focuses on infant nutrition, in particular baby-led weaning and the introduction of complementary foods. Sonya is passionate about conducting research to provide strong experimental evidence and endeavors to pursue postdoctoral experience in the area of infant nutrition once she has completed her PhD. Chloe Autran has a Master’s degree in Animal Science from the University of Idaho. She is currently a PhD student in the Bode Lab at the University of California San Diego where she studies the effects of human milk oligosaccharides in promoting infant health and development. Chloe will be replacing Beth as our Facebook administrator. They will be our “junior” volunteers for 2013/14 and work together with our “senior” volunteers Sylvia Ley (Hu Lab at Harvard) and Eric Nonnecke (Lonnerdal Lab at UC Davis).

Abstracts for EB 2014 are due November 8, 2013. Please submit your abstract for consideration in one of the following categories:

- ASN Lactation: Biology of Milk Production and Secretion
- ASN Lactation: Bioactive Compounds and Other Milk Constituents
- ASN Lactation: Determinants of Lactogenesis, Lactation Duration, and Other Indicators of Lactation Success
- ASN Lactation: Effects of Lactation/Breastfeeding on the Recipient Infant and/or Lactating Mother

The Lactation RIS endorsed the submission of two symposium proposals for EB 2014, which received the 2 highest scores of all applications.

*“Human Milk Oligosaccharide” (submitted by Lars Bode and Sharon Donovan)*

*“It’s Alive: Microbes and Cells in Human Milk and their Potential Benefits to Mother and Infant” (submitted by Lars Bode and Mark McGuire)*

Shelley McGuire (Washington State University) and Mark McGuire (University of Idaho) will be on sabbatical to the Swedish Agriculture University (SLU) in Uppsala Sweden during the fall and winter. They will be working with Swedish lactation researchers to begin to characterize the bovine milk microbiota.

Work to redevelop the ISRHML website is continuing, stay tuned for its new launch!

If you have information you’d like to share with our Lactation RIS community in upcoming Nutrition Notes, please contact me directly at [slk39@psu.edu](mailto:slk39@psu.edu).

*Contributed by Shannon L Kelleher  
The Pennsylvania State University  
Chair-Elect, Lactation RIS  
[slk39@psu.edu](mailto:slk39@psu.edu)*

## Nutrient-Gene Interaction

The Nutrient-Gene Interaction RIS (NGI-RIS) continues to invite ASN members interested in the effects of nutrients on gene expression, epigenetics, nutrigenomics, and metabolomics to join NGI-RIS.

The submission deadline for abstracts for EB 2014 is November 8. After some feedback regarding our poster session this past EB, we will likely be making some changes for next year’s session. We will keep you updated on our listserv. Please continue to encourage your students and postdocs to take part in the poster competition.

### Minisymposia

Please consider submitting your abstract(s) to any applicable mini-symposia at EB 2014 (San Diego, April 26-30).

Topics submitted for EB 2014 are:

1. Nutrient-Gene Interactions 1: Nutritional Regulation of Epigenetics
2. Nutrient-Gene Interactions 2: Nutrition and the Genome
3. Nutrition and Stem Cell Differentiation
4. Nutrient Control of Proteomics and Metabolomics
5. Obesity, Inflammation, and Nutrigenomics
6. Nutrient-Gene Interactions in Metabolic and Neurodegenerative Diseases

Your attendance and involvement in these minisymposia is critical for our NGI-RIS success and is most appreciated.

### NGI-RIS advisory board committee

Thank you to the following NGI-RIS advisory board committee members for their services during the 2013-2014 year. The NGI-RIS welcomes interested senior and junior faculty, postdocs, and graduate students to volunteer and be considered to serve on our advisory board committee and attend EB regularly. Please contact the current NGI-RIS chair for more information.

Jamie I. Baum (Department of Food Science, University of Arkansas)  
James F. Collins (University of Florida)  
Kate J. Claycombe (USDA ARS)

Sang-Woon Choi (Tufts University)  
 Mazen J Hamadeh (York University)  
 Melissa Kaczmarczyk (PepsiCo)  
 Naima Moutaid-Moussa (University of Tennessee)  
 Yuan-Xiang Pan (University of Illinois at Urbana)  
 Kevin Schalinske (Iowa State University)  
 Rita Strakovsky (University of Illinois, Secretary)  
 Richard Wood (University of Massachusetts)  
 Postdoctoral Representative: Gabriel Wilson (Rutgers University)  
 Graduate Student Representative: Elizabeth Cordonier (University of Nebraska-Lincoln)

If you have any suggestions or comments for the RIS that you would like to share, please let us know so we can share it on our listserv.

*Contributed by*  
 Yuan-Xiang Pan, Chair, Nutrient-Gene Interaction RIS,  
 yxpan@illinois.edu  
 Rita Strakovsky, Secretary, Nutrient-Gene Interaction RIS,  
 strakovs@illinois.edu

## Nutrition Education

I hope this note finds you well and prepared for the upcoming academic year. I am most pleased to share our 2013-14 Nutrition Education RIS cabinet:

**Chair:** Carolyn Gunther, PhD, Ohio State University  
**Past Chair:** Suzie Goodell, North Carolina State University  
**Chair-Elect:** Jill Landsbaugh Kaar, PhD, University of Colorado-Denver  
**Communications Coordinator:** Natalie Cooke, North Carolina State University  
**Post-doc Representatives:** Irene Hatsu, PhD, RD, Ohio State University; Rachel Scherr, PhD, University of California-Davis  
**Graduate Student Representatives:** Rachel Vollmer, University of Connecticut; Tashara Leak, University of Minnesota  
**Advisory Council Members:** Ann Ferris, PhD, RD, University of Connecticut; Susan Johnson, PhD, RD, University of Colorado  
**Professional Development and Mentoring Committee:** Natalie Cooke, North Carolina State University; Irene Hatsu, PhD, RD, Ohio State University  
**Awards and Recognition Committee Members:** Apeksha Gulvady, PhD, Pepsico  
**Fundraising Committee:** Karina Lora, PhD, The University Of Oklahoma-HSC  
**Social Media Committee:** Tashara Leak, University of Minnesota

I look forward to working this excellent team in the year ahead and continuing to advance the agenda of our society. Our first conference call of the leadership team

was held in late August. Please watch for subsequent email sharing updates, announcements, plans for upcoming year. Best wishes for a good and productive academic year.

*Contributed by Carolyn Gunther*  
 Gunther.22@osu.edu

## Nutritional Epidemiology

The past year has been tremendously rewarding as our membership continues to grow, we received nearly 200 abstracts for EB 2013 and we expanded our graduate student poster competition by adding a separate competition for post doctoral trainees – over 80 abstracts were submitted for the 2013 poster competitions. Stayed tuned for details on the RIS 2014 EB poster competitions.

### Experimental Biology 2014

Abstracts for EB 2014 are due November 8. Please consider submitting your abstract to one of the Nutritional Epi RIS abstract categories:

- Innovation and validation of dietary assessment tools and their applications
- Nutrition, and Chronic Disease Epidemiology
- Epidemiological Research Addressing Diet, Biomarkers and Health Outcomes
- Research with Dietary Supplements and Bioactive Components
- Advancing Nutritional Epidemiology with Public Use and Commercial Data Sets
- Assessment of Child and Adolescent Nutritional Status, Growth, and Obesity
- Epidemiologic Methods in Examining Health Outcomes in Diverse Populations (co-chaired with the Minority Affairs Committee)
- Exploring Geographic Based Methods in Nutrition Epidemiological Research

EB 2014 Symposium sponsored by the Nutritional Epi RIS:

### International Breast Cancer and Nutrition: A Model for Research, Training and Policy in Diet, Epigenetics and Chronic Disease Prevention

**Chairs:** Connie M. Weaver, PhD and Dorothy Teegarden, PhD

### Dietary Patterns Methods Project: Systematic Analyses of Index-Based Dietary Patterns and the Associations with Mortality

**Chairs:** Jill Reedy, PhD, MPH, RD

### Use of Metabolomics in Population-Based Research

**Chairs:** L. Joseph Su, PhD, MPH and Krista A. Zanetti, PhD, MPH, RD



## Applications of Complex Systems Science in Obesity and Non-Communicable Chronic Disease Research

**Chairs:** Youfa Wang, MD, MS, PhD and Terry T-K Huang, PhD, MPH

## Research Advances and Considerations for Investigating the Human Diet, Nutrient Utilization and Microbiota Interface Across the Life Course

**Chairs:** Cindy Davis, PhD and Joann McDermid, PhD

### 2013-14 Nutritional Epi RIS Leadership

It's my pleasure to serve for a second term as RIS Chair. Thanks to the RIS Advisory Committee Members for their service: Carol Boushey (Past-Chair); Naman Ahluwalia (Chair-elect); Patricia Guenther (Treasurer), Nour Makarem (Student Representative), Claire A. Zizza, Niyati Parekh, Amy Millen, Joann M. McDermid, Kasia Kordas, and Regan Bailey. Thanks also to others who have helped the RIS in the past year including Jaspreet Ahuja, Shilpa Bhupathiraju, and Huifen Wang.

If you're interested in volunteering and/or serving on the Nutritional Epi RIS Advisory Committee, please send an email to [lisatroy@nutrition.umass.edu](mailto:lisatroy@nutrition.umass.edu).

*Contributed by Lisa M. Troy*

## Nutritional Immunology

EB 2013 was a success. The RIS sponsored one symposium, two mini-symposia and two trainee competitions. Winners of the trainee travel awards were Kate Simmons (NY, Albany) and Huicui Meng (Penn State). Elsa Bou Ghanem (Tufts) and Heather Teague (East Carolina) took home the poster competition prizes. Our inaugural joint reception with the Diet and Cancer RIS was well attended. If you have any comments on how our reception or business meeting could be improved please contact us.

In 2014, the RIS will again be sponsoring the "Nutritional Immunology" and "Nutrition, Infection and Immunity" mini-symposia. We look forward to programming your best research so don't forget to submit your abstracts.

A big "thank you!" to the outgoing Nutritional Immunology RIS leadership! This coming year Laura Coleman will be at the helm with Erik Karlsson as Chair-Elect, Sarah Comstock as Secretary and Ajay Kumar working as our student representative.

*Contributed by Sarah Comstock  
Secretary, NI-RIS  
[comsto37@msu.edu](mailto:comsto37@msu.edu)*

## Nutrition Translation from Bench to Consumer

The NT-RIS provides a forum for scientists from academia, government, industry and private practice to address the translation of nutrition knowledge to improve human health.

Please help us welcome our new officers, including our student member:

**Chair:** Kari Ryan, PhD, RD, Kraft

**Chair-Elect:** Beth Rice, PhD, Dairy Research Institute

**Past Chair:** Susan Percival, PhD, University of Florida

**Secretary:** Lisa Sanders, PhD, RD, Kellogg

**Treasurer:** Michelle Braun, PhD, DuPont Health & Wellness

**Communications:** Jill Nicholls PhD, National Dairy Council

**Student:** Lauren Atwell, MS, RD, Oregon State University

As a Registered Dietitian and PhD candidate in Nutrition at Oregon State University, Lauren is enthusiastic and committed to the translation of nutrition science. Lauren has a substantial amount of experience working with multiple organizations and planning small and large events.

### EB 2014

Please note that the abstract submission deadline for EB 2014 is November 8, 2013. Look for more information listed online in the "Call for Abstracts." The NT-RIS will sponsor the following mini-symposia topics:

- Nutrition Science Translation for Policy, Practice and Consumers
- Food Related Behaviors and Implications for Food Policy
- Novel Food Ingredients and Their Impact on Health



*The RIS receptions are key networking events at EB.*

### Publication of Interest

As a result of our 2012 symposium, the review article entitled *Nutrition translation blended with food science: 21st century applications*, was published in *Advances in Nutrition*.

Thank you all for your participation and support of the NT-RIS.

*Contributed by Jill Nicholls, Communications Officer  
jill.nicholls@rosedmi.com*

## Obesity

The Obesity RIS held elections, and officers for the 2013-2014 year are:

**Past Chair:** Zhaoping Li

**Chair:** Frank Greenway

**Chair-Elect:** Mark Cope

**Secretary-Treasurer:** Labors Sidossis

**Student Representative:** Jennifer Poti

The Obesity RIS held a student poster competition at the business meeting during Experimental Biology. The competition was sponsored by Herbalife which provided prize money for the winners. The winners were: 1st place (\$500) – Kevin Ballard and Inhae Kang, 2nd place (\$300) – Dalia El Khoury and Virgile LeCoultré, 3rd place (\$200) – Justin Milner and Cynthia Kroeger.

Mini-Symposia topics from the Obesity RIS for Experimental Biology 2014 in San Diego are:

- Diet and Behavior (new)
- Devices, Medications and Surgery (new)
- Physical Activity
- Chronic Diseases
- Insulin Resistance (new)
- Body Composition

In addition to these 6 Mini-Symposia, two additional mini-symposia will be co-sponsored with the Energy and Macronutrient Metabolism RIS: Obesity and the Metabolic Syndrome, and Regulation of Food Intake.

*Contributed by Frank Greenway  
Frank.Greenway@pbrc.edu*

## Vitamins and Minerals

I am honored to serve as Chair of the Vitamins and Minerals RIS this year. The Leadership Team for 2013-2014 is:

**Chair:** Art Grider, University of Georgia, Dept. Foods and Nutrition

**Chair-Elect:** Sushil Jain, Louisiana State University Health Sciences Center, Dept. Biochemistry and Molecular Biology

**Past Chair:** Guoxun Chen, University of Tennessee, Dept. of Nutrition

**Secretary-Treasurer:** Lisa Tussing-Humphreys, University of Illinois at Chicago, Department of Medicine and University of Illinois Cancer Center

**Student Representative:** Lei Wan, Ohio State University, Food innovation Center

**Student Representative:** Christian Wright, Purdue University, Interdepartmental Nutrition Program

I look forward to working with our Leadership Team as we build on the success from last year under Guoxun Chen's leadership.

Our membership continues to grow; we have increased our membership from 1,234 in March 2012 to 1,458 as of April 2013. The abstract deadline for EB 2014 in San Diego, CA is November 8. There continues to be interest in our Poster Competition for graduate and postdoctoral students; more detailed information will be forthcoming.

A special thank you to those who served on the Leadership Team last year: Secretary, Christopher Cifelli (Dairy Research Institute) and Student Representatives Lenis Chen (John Hopkins) and Corrie Whisner (Purdue University). I encourage everyone to become more active in our RIS and help its further development and continued success.

*Contributed by Arthur Grider, PhD  
agrider1@uga.edu*





# Member Spotlight

## Latin America and the Caribbean

**From Guatemala**  
**Noel Solomons** accompanied a delegation of collaborators from Hormel Foods Corporation, including **Melissa**

**Bonorden**, on a visit to the USDA in Washington in June to present to its Foreign Agricultural Service the final result of the fortified SPAMMY® intervention trial under a McGovern-Dole grant. The virtually same contingent from Hormel then visited Guatemala in August to present the study findings to the institutions directly involved with investigations and other local stakeholders.

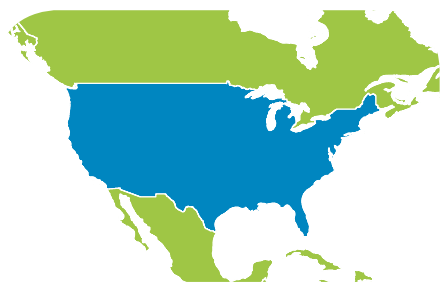
In late June, Noel was in Lausanne, Switzerland, to give a talk on Micronutrients at CeSSIAM for the Nutrigenomics Group at the Nestlé Health Institute. He was then on to Munich to meet with **Klaus Schuemann** of the Hildegard Grunow Foundation for the planning of the III Rainer Gross Prize. In August in Guatemala, he was a featured speaker in Guatemala at the Forum on Nutrition and Health, a Commitment of All, speaking on the topic of “An Update on Maternal and Child Dietary Intake in Guatemala”; also on the program was ASN member, **Daniel López De Romaña**. Noel also participated at the

Food Security Workshop of the Institute of Agriculture, Natural Resources and the Environment (IARNA), facilitating the session on one of the traditional pillars: Consumption and Biological Utilization of Food.

CeSSIAM had a banner crop of summer exchange students from New England institutions, a total of seven collaborators from among Tufts, Boston University and Vermont. The projects included: body proportions by photographic representation; surveys of vitamin A in breast milk; the Nutrient Environment Measurement Survey, in collaboration with **Rebecca Kanter** of INCAP; and a survey of roles and attitudes of government professionals in those branches involved in the Zero Hunger network, in collaboration with **Odilia Bermúdez** of Tufts. **Sherry Tanumihardjo**, in a visit to INCAP in Guatemala, discussed a thesis project of a CeSSIAM student, Gabriela Argueta, on the topic close to her heart: the breast milk composition response to ingestion of vitamin A, in this instance from fortified sugar. Two CeSSIAM professionals, Mónica Orozco and Sylvana Salguero, were awarded travel fellowships to attend the XX International Congress on Nutrition in Granada as part of a delegation of nine from the institution.

*Submitted by Homero Martinez  
[homero@rand.org](mailto:homero@rand.org)*

## United States Spotlight



### East

**From NIH ODS:**  
In collaboration with the National Library of Medicine, the Office of Dietary Supplements launched

the NIH Dietary Supplement Label Database in June. The database, with over 17,000 products, provides a searchable collection of product information and ingredients from labels of dietary supplements sold in US.

June 4-7, ODS offered the 7th Annual Mary Francis Picciano Dietary Supplement Research Practicum (DSRP) on the NIH Campus, providing a 4-day educational opportunity to over 75 faculty, students, and practitioners from diverse disciplines and focusing on fundamental knowledge of dietary supplements. Directed by **Regan Bailey**, the DSRP included a wide range of speakers from ODS and other agencies, organizations and the supplement industry.

**Joseph Betz** was awarded the Varro Tyler Prize for Research in Botanicals at the 2013 Annual Meeting of



the American Society of Pharmacognosy in St. Louis in July and he presented “Nature Exposed to Our Method of Questioning: Reliability of Natural Product Measurements.” **Joseph Betz, Leila Saldanha, Barbara Sorkin, and Paul Coates** are co-authors on the poster, “Tools for Assuring Data Quality in Natural Products Studies: The NIH/ODS Analytical Methods and Reference Materials Program (AMRM)” also presented at the American Society of Pharmacognosy meeting and published in *Planta Medica Abstracts*.

**Paul Coates** presented “Using Dietary Supplements as Treatments for Mitochondrial Disorders: Clinical and Research Challenges” at the United Mitochondrial Disease Foundation Mitochondrial Medicine 2013 Scientific Meetings in June in Newport Beach, CA; and he spoke to a visiting delegation at the USP on “Dietary Supplement Research: Challenges and Resources” in June in Rockville, MD. **Paul Coates** and **Barbara Sorkin** presented an “Update on Botanical Research Working Group and Concept Clearance” at the National Advisory Council on Complementary and Alternative Medicine’s 49th Meeting in June in Bethesda, MD.

**Kathryn Camp, Karen Regan, and Paul Coates** are co-authors on the paper “Expanding Research to Provide an Evidence Base for Nutritional Interventions for the Management of Inborn Errors of Metabolism” e-published in *Molecular and Genetic Metabolism* in May. **Kathryn Camp** was a co-author on the article “Celebrating 50 Years of Newborn Screening” in the May issue of *Exceptional Parent Magazine*.

**Kathryn Camp** moderated and presented “Grant Writing and Research Applications for Metabolic Dietitians Interactive Workshop” at the 14th Abbott Nutrition Metabolic Conference in Nashville, TN in June. **Paul Coates** and **Christine Taylor** presented “Dietary Supplement Research - A brief History of (Dietary Supplement) Time,” at the ILSI Graduate Student Summit 2013 in May in Rockville, MD, and **Christine Swanson** presented “Translating Science to Policy – The Vitamin D Story,” and “Clarify the Vitamin D Story” at the ILSI Student Summit.

**Christine Swanson, Paul Thomas, and Paul Coates** co-authored the chapter, “The Evolving Science of Dietary Supplements” in the book, “Modern Nutrition in Health and Disease, 11th edition”, edited by AC Ross et al, and published by Wolters Kluwer, Lippincott Williams & Williams, 2013. **Christine Swanson, Christopher Sempos** and others are coauthors on the paper “Urinary Excretion of Sodium, Potassium, and Chloride, but Not Iodine, Varies by Timing of Collection in a 24-Hour Calibration Study” e-published in the June *Journal of Nutrition*.

**Carol Haggans** presented “Dietary Supplements and the NIH: Research and Resources” at the International Society of Sports Nutrition (ISSN) Conference and Expo in Colorado Springs, CO in June. **Mary Garcia-Cazarin** presented “Dietary Supplements and My Experience as a AAAS Fellow” in June at the Science & Technology Policy Fellowships meeting of the American Association for the Advancement of Science Washington, DC; in July, she presented “Mentoring and Networking Strategies to Establish Your Professional Network” at the National Science Foundation Summer Interns Workshop in Arlington, VA.

**Regan Bailey, Christopher Sempos and Elizabeth Yetley** are coauthors on the paper “Modeling a Methylmalonic Acid-derived Change Point for Serum Vitamin B-12 for Adults in NHANES” e-published in *AJCN* in June; and **Christopher Sempos, Elizabeth Yetley, Regan Bailey, Johanna Dwyer, Paul Thomas, Paul Coates,** and the late **Mary Frances Picciano** are coauthors on the paper “Is there a Reverse J-shaped Association between 25-Hydroxyvitamin D and All-Cause Mortality? Results from the US Nationally Representative NHANES” e-published in the *Journal of Clinical Endocrinology and Metabolism* in May. **Johanna Dwyer** was section editor for *Nutritional Aspects of Lifestyle Medicine* and authored Chapter 8, “Nutrition 101: The Concept of Nutritional Status and Guides for Nutrient Intakes, Eating Patterns, and Nutrition” in the book, *Lifestyle Medicine*, 2nd ed. edited by J. Rippe, published by CRC Press, 2013. **Johanna Dwyer** also co-authored “Mistaken Beliefs and Facts about Milk and Dairy Foods” published in the May/June 2013 issue of *Nutrition Today*.

**Christopher Sempos** presented a symposia talk, “Measurement and Standardization of Vitamin D Metabolites using LC-Mass Spectrometry” at the American Association of Clinical Chemists (AACC) Annual Meeting & Clinical Lab Expo, in Houston in July and he also co-presented “Vitamin D: Next Steps in Standardization & Proficiency Testing” at the Siemens Healthcare Diagnostics-sponsored AACC 2013 Workshop.

#### **From Tufts University:**

**Sai Das** (Energy Metabolism Lab, HNRCA) presented *CALERIE- Comprehensive Assessment of the Long term Effects of the Restricted Intake of Energy –Results from a 2 –year human CR trial* at the American Aging Association in June in Baltimore. She presented the following paper at the Calorie Restriction Summit – Novato California, June 8-10: Human Calorie Restriction Studies: *TUFTS Human CR study*.

**Sarah Booth** (Vitamin K Lab, HNRCA) gave an on-line webinar sponsored by Australian Sports Commission (Ausport) titled *Vitamin K and Bone*.

**Allen Taylor** (Laboratory for Nutrition and Vision Research, HNRCA) served as Co-Chair of *The Aging Eye: Normal Changes, Age-Related Diseases and Sight Saving Approaches*; *Ocular Research Symposia Foundation* in Los Angeles CA. He gave a talk titled *Homeostasis and Age Related Changes in the Eye- An Overview- Biochemical Changes and Sight Saving Approaches: Advances in Prevention, Treatment and Management- Are there biochemical solutions?*

Members of the Energy Metabolism lab (**Susan Roberts, Lorien Urban, Phil Karl, Joel Palladino, Beth Bryant** and Dietary Assessment (**Stephanie Movsesian**) at the HNRCA assisted Tufts University Tisch College with nutrition seminars and cooking classes at the NFL Transition Assistance Program conference held June 8th.

**Simin Meydani** (Nutritional Immunology Lab, HNRCA) presented *Diet and Nutrition: A key player in Healthy and Active Aging*, at the 2013 Glenn AFAR Symposium, in Santa Barbara, California. Dr. Meydani also shared *Nutrition, Immunity, and Infectious Diseases: A Translational Approach and Nutrition and Age-Associated Inflammation: Implication for Disease Prevention*, at the 2013 American College of Veterinary Internal Medicine, Seattle, Washington. June 12-15.

**Dayond Wu** (Nutritional Immunology Lab, HNRCA) presented *Mushrooms, immune function, and host resistance to microbial infection*, on June 4th. At the American Council for Medicinally Active Plants 4th Annual Conference at the University of Massachusetts, Amherst, MA.

**Mohsen Meydani** (Vascular Biology Laboratory) was honored for his research achievements and as the recipient of the ASN McCormick award with a commemorative crystal plate by CEO Alan Wilson at the McCormick Science Institute in Hunt Valley, Maryland in July 2013.

**Alice Lichtenstein** (Cardiovascular Nutrition Lab, HNRCA) was appointed to the HHS and USDA 2015 Dietary Guidelines Advisory Committee and selected as Co-Chair of the committee.

**Miriam Nelson** (Tufts University Friedman Professor and Adjunct HNRCA Scientist) will also be part of the Dietary Guidelines Advisory committee.

**Bess Dawson Hughes** (Bone Metabolism Lab, HNRCA) Presented *Calcium - How Much?* at the Medical Grand Rounds at the Medical College of Virginia.

**Liz Johnson** (Carotenoids and Health Lab, HNRCA) attended the Macular Carotenoids Conference at

Cambridge University in July presenting *Lutein and Zeaxanthin: from the retina to the brain*.

Submitted by Bob Jackson  
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## North

### **Division of Nutritional Sciences, University of Illinois at Urbana**

**Karen Chapman-Novakofski** was elected chair of the Nutrition Education for the Public Dietetic Practice Group of the Academy of Nutrition and Dietetics and was appointed chair of the USDA-National Institute of Food and Agriculture (NIFA) Nutrition and Health Committee for Program Planning and Guidance.

**Sharon Donovan** was the keynote speaker at the Graduate Interdisciplinary Instruction in Obesity and Weight Management State-of-the-Art Conference held at the University of Georgia on July 30th. The topic of her presentation was: "Establishing and Evaluating Transdisciplinary Graduate Education in Obesity Prevention: The Illinois Transdisciplinary Obesity Prevention Program." On July 24 - 26, 2013, she attended the Human Microbiome Science: Vision for the Future meeting held in Bethesda, Maryland. She was appointed Associate Editor for Nutrition Reviews effective July 1, 2013.

**John Erdman** will chair the Annual Research Conference for the American Institute for Cancer Research to be held in Bethesda, MD, November 7-9, 2013.

**Rodney Johnson** began his term as President of the Psychoneuroimmunology Research Society this summer. He also gave the following invited presentations: "Developmental Origins of Changes in Stress Resilience or Vulnerability," as part of Domestic Large Animals as Models for Agricultural and Biomedical Research, University of Maryland, College Park, MD; "Neuroinflammation and Cognition: Does Nutrition Matter?," as part of Cognition and Nutrition, 114th Abbott Nutrition Conference, Columbus, OH; and "Inflammation in the Hippocampus During Respiratory Viral Infection: Causes and Consequences," at the Spring Hippocampal Research Conference, in Taormina, Sicily.

**Kelly Swanson** was presented with the American Society of Animal Science's Corbin Companion Animal Biology Award in July during the joint ASDA-ASAS annual meeting in Indianapolis, IN. Kelly gave the following invited presentations as part of the 2013 Hill's Global Symposium on Obesity in Barcelona, Spain: "Nutrigenomics: Taking Advantage of Genome Science in Obesity Management," and "A New Appreciation of Gut Microbes & Their Potential Role in Obesity."

The Division of Nutritional Science's Illinois Transdisciplinary Obesity Prevention Program (I-TOPP) was pleased to host Daniel Stokols, University of California, to present "Social Ecology-A Framework for Transdisciplinary Action Research" as part of their guest lecture series. The second biennial I-TOPP Symposium will be held October 3-4, 2013 and will feature the following speakers: Jason Lusk, Oklahoma State University; Dawn Melchiorre, Share our Strength/ Illinois Commission to End Hunger; Leann Birch, The Pennsylvania State University; Dianne Ward, UNC Gillings School of Global Public Health; Jason Mendoza, Baylor College of Medicine and Russell Pate, University of South Carolina. This year's symposium will focus on issues of research to practice, and practice to policy within child care and school settings. Please contact I-TOPP Coordinator, Donna Whitehill for symposium registration information ([whitehil@illinois.edu](mailto:whitehil@illinois.edu)).

The Division is co-sponsoring an international symposium: Obesity and Metabolic Syndrome Among Mexicans and Mexican Americans. The symposium will be held September 19 at the College of ACES library. Participating institutions include collaborators from the Universidad Autonoma de San Luis Potosi. Invited speakers include Anthony Comuzzie, Texas Biomedical Research Institute, Department of Genetics and Martha Daviglus, Associate Vice Chancellor for Minority Health, University of Illinois at Chicago. For more information on the symposium please contact Margarita Teran-Garcia ([teranmd@illinois.edu](mailto:teranmd@illinois.edu)).

#### **Ohio University:**

**Darlene Berryman** gave an invited talk at the Ohio Osteopathic Symposium entitled "Big Fat Myths about Obesity" in Columbus, OH on April 25th.

#### **Ohio State University:**

**Steven K. Clinton** will serve on the Advisory Committee for the 2015 Dietary Guidelines for America. Steve also traveled to London in June to serve on the Continuous Update Panel of the World Cancer Research Fund/ American Institute for Cancer Research. The annual meeting provides oversight and planning for the ongoing program of systematic reviews regarding diet, nutrition, and cancer at specific organ sites.

**Robert DiSilvestro** gave a presentation in June at the Premier Apple Forum, an event for the apple industry of New York State. The presentation was titled, "Apple A Day Research."

**Carolyn Gunther** was 1 of 50 out of 1000 applicants nationwide to receive the General Mills Foundation Champions for Healthy Kids award for a proposed study titled, "Camp Nutrition and Fitness: A Nutrition and Physical Activity Program Designed to Improve Diet and Fitness of Disadvantaged Children during Summer Recess."

**Ouliana Ziouzenkova** received a competitive grant (Diabetes Innovation Award) from Novo Nordisk Company titled "Identifying protein targets for the induction of thermogenesis in visceral fat." She also received an award from the Egg Nutrition Center (USDA) titled, "Identification of anti-inflammatory properties of eggs in adipose tissue" (co-Is, Mark Failla and Steve Schwartz).

#### **Iowa State University:**

**Stephanie Hansen** gave invited talks on "Practical Trace Mineral Nutrition" and "Interactions between Trace Elements" at the Australian Veterinary Association Conference in Cairns, Australia in May.

**Manju Reddy** gave the keynote address on "Algorithms for Predicting Iron Absorption from Plant Foods" at COST ACTION FA 0905 meeting (Mineral-Improved Crop Production for Healthy Food and Feed; Essential and Detrimental Trace Elements Entering the Food Chain via Plants) at Norwegian University of Life Sciences, Norway. She also presented an invited lecture on "Iron: Bioavailability and Its Role in Parkinson's Disease" at Lovely Professional University, Jalandhar, Punjab, India.

**Kevin Schalinske** received the 2013 Iowa State University Award for Outstanding Achievement in Teaching.

**Michael Spurlock** has been named the Director of Graduate Education for the Interdepartmental Graduate Program in Nutritional Sciences effective June 3. Thanks to Kevin Schalinske for his prior 8 years of service in this position!

**Ruth Litchfield** was named associate chair of the Department of Food Science and Human Nutrition.

The Nutritional Sciences Council through leadership of **Wendy White** and **Don Beitz** sponsored an international symposium in honor of Steven L. Nissen with the title of "Proteins in Health and Performance" on May 16, and 17, 2013. Speakers were J. Rathmacher of Iowa State University, N.N. Abumrad of Vanderbilt University, P. Atherton of University of Nottingham, D. Paddon-Jones and B.B. Rasmussen of University of Texas-Galveston, J. Robinson of Mayo Clinic, J. Wilson of University of Tampa, A. Gautier-Stein of University of Lyon, A. Barbul of Washington Medical Center/Johns Hopkins University, T.G. Anthony of Rutgers University, and J. Green of Kemin Industries.

**Al Trenkle** presented the life and work of Wise Burroughs at the American Society of Animal Science Foundation Heritage Lunch in Indianapolis, IN.

#### **University of Minnesota Nutrition Department**

A grant entitled "Measuring Food Quality in the Emergency Food System" has been awarded to Drs.



**Marilyn S. Nanney** (Family Medicine & Community Health) and **Robert King** (Applied Economics). The purpose of this project is to develop an automated HEI calculation tool that can be used to measure the nutritional quality of food shelf orders placed with food banks. A team of interdisciplinary Co-Principal Investigators (Drs. Nanney and King) along with the leaders in hunger relief, food access and food banking in Minnesota propose research aims that will (1) calculate the HEI for each order made by a randomly selected cohort of 100 food shelves over a nine month period; (2) identify relationships between food shelf characteristics and HEI measures; and (3) determine whether provision of HEI information to food shelves stimulates them to improve the HEI for their bulk purchases.

**Mary K. Schmidl** became President of Phi Tau Sigma, the Honor Society for Food Science and Technology

Dr. **Cheryl Smith** was promoted to full professor on July 1, 2013 in the Department of Food Science and Nutrition at the University of Minnesota

**Lyn Steffen** was a speaker at a conference June 19-20, 2013 held in Arlington, Virginia of the American Heart Association Sodium conference on Strategies to Reduce Sodium Intake: A Forum for Stakeholder Collaboration. Her talk was called: Dietary Assessment and Biomarkers of Sodium Intake.

#### **Purdue University**

The Department of Nutrition Science welcomes three new faculty for fall 2013, Kathleen Hill Gallant, Tara Henegan, and Barbara Stefanska.

**Richard Mattes** was the recipient of the IFT 2013 Babcock-Hart Award. J.C. Fleet has been named to the advisory committee for the 17th International Vitamin D Workshop and he is currently serving on the program committee for the annual meeting of the American Institute for Cancer Research (AICR). He gave seminars at the University of Illinois (April 2013, "Forward and Reverse Genetic Approaches to Reveal Critical Gene-by-diet interactions affecting calcium absorption and bone metabolism), at the 16th Vitamin D Workshop (June 2013, Mechanisms for vitamin D regulated intestinal calcium absorption"), and the University of Kentucky (September 2013, "Vitamin D and prostate cancer prevention").

*Submitted by Darlene Berryman  
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## **Rocky Mountain/Great Plains**

### **From Colorado State University Department of Food Science and Human Nutrition**

The Department held the 34th Annual Lillian Fountain Smith Conference for Nutrition Educators on June 13-14, 2013. Talks included two presentations by **Daniel Bessesen**, entitled, "Obesity Update 2013" and "Dietary macronutrient content and metabolic health." Other talks were "SKINNY: The voices behind the research," by Donna Cooner, "Experiential food education: The value of cooking and gardening with kids," by Leslie Cunningham-Sabo, "The real cost of cheap food," by Michael Carolan, "Farming and food: Expanding our enjoyment, not our waistline," by Steve Ela, "Body fat distribution and metabolic health," by Michelle Foster." Jeff Volek, a guest speaker from University of Connecticut, presented a talk entitled, "Moving toward a personalized approach to nutrition." The 35th Annual LFS Conference will be held on June 5-6, 2014. **Michael Pagliassotti**, Professor and Lillian Fountain Smith Endowed Chair in Nutrition, has assumed the role of Department Head in the Department of FSHN.

### **From the USDA/ARS, Grand Forks Human Nutrition Research Center**

Recent seminar speakers included **Tom Brenna**, Division of Nutritional Sciences, Cornell University, Ithaca, NY, who presented a seminar entitled "Is dietary fat composition relevant to high-fat diet studies?" Dr. **Roger Sunde**, Department of Nutritional Sciences, University of Wisconsin, Madison, WI, spoke on "Impact of selenium supplementation on gene expression and diabetes biomarkers," Larry Reynolds, Department of Animal Sciences, North Dakota State University, Fargo, ND, presented "Sheep models of fertility and compromised pregnancy," and Jennifer L. Temple, Department of Exercise and Nutrition Sciences, State University of New York, Buffalo, NY, presented a seminar entitled "Sensitization to caffeine as predictor of caffeine and substance use."

### **From the Nutritional Sciences Program at Texas Tech University**

As part of program expansion, several faculty have been recruited this year including Dr. **Naima Moustaid-Moussa**, who joined the faculty as a professor and senior strategic hire to lead the development of an Interdisciplinary Collaborative Obesity Research Cluster between Texas Tech university (TTU) and TTU- Health Sciences Center in Lubbock. Naima was previously professor at the University of Tennessee (UT) and Co-director of UT Obesity Research Center. Dr. Mary Murimi was recruited from Louisiana Tech and joined the faculty as professor; her primary research emphasis is in community nutrition and disease prevention. She also serves as Associate Editor for the Society for Nutrition Education. Dr. Shaikh Rahman was recruited from The University of Colorado-Denver

as Assistant Professor with expertise in macrophage function and inflammation in atherosclerosis. Faculty accomplishments include those by Dr. Jamie Cooper, who won the TTU Alumni Association New Faculty Award and who was recently accepted into the Texas Tech Teaching Academy. Jamie also held a book signing at Barnes and Noble for her recently published book *The Complete Nutrition Guide for Triathletes: The Essential Step-by-Step Guide to Proper Nutrition for Spring, Olympic, Half Ironman, and Ironman Distances*. Dr. Moustaid-Moussa gave invited presentations on mechanisms mediating anti-inflammatory effects of omega 3 fatty acids in obesity and insulin resistance at the 2013 Research Symposium at Texas A&M University, the University of Nebraska-Lincoln, Nebraska Gateway to Nutrigenomics seminar series, and the annual 2013 American Association for Family and Consumer Sciences preconference symposium on obesity prevention in Houston. Dr. Shu Wang was a finalist for the Fall 2012 New Investigator Award from the American Heart Association's Council on Nutrition, Physical Activity and Metabolism (NPAM). Shu also won the TTU Alumni Association Outstanding Research Award and presented on the topic of dietary fat, inflammation and cardiovascular disease at the Annual Meeting of Chinese Society for Nutrition and at the West Lake Frontiers in Nutrition Research Training Program (WFN RTP), both in Hangzhou, China in May 2013. Ashlee Taylor, MS student (Mentor: Dr. Debra Reed) received the national Academy of Nutrition and Dietetics Foundation's Lois M. Jackson Scholarship for 2013-2014. Monique Lemieux, doctoral student (Mentor: Dr. Moustaid-Moussa) won a travel Award for PhD Students sponsored by the Institute on Teaching and Mentoring/ Compact for Faculty Diversity and by FASEB/ MARC in fall 2012, Tampa, FL.

#### **From the University of North Dakota, Grand Forks**

**Leslie Klevay**, MD, UND School of Medicine and Health Sciences professor emeritus of internal medicine, won the Medical Alumni Citation Award at the Wisconsin Medical Alumni Association. The award goes to University of Wisconsin School of Medicine and Public Health alumni who have achieved distinction in medicine. Achievement is recognized through excellence in the practice of medicine, in academic activities, and in research accomplishment.

#### **From the University of South Dakota, Sioux Falls**

**Bill Harris**, PhD, reports that his daughter, Kristina A. Harris, PhD (Nutrition, Penn State, 2013) has joined him at Omegaquant Analytics, LLC as a research associate.

#### **From the University of Nebraska-Lincoln, Department of Nutrition and Health Sciences**

**Tim Carr** was appointed the Chair of the Department. Weiwen Chai joined the Department of Nutrition and Health Sciences as an Assistant Professor of Obesity Prevention. The 5th annual retreat of the Nebraska Gateway to Nutrigenomics was held on May 13, 2013. This

year's topic was "Future leaders in nutrigenomics" and featured presentations by Dr. Jingjing Duan from Georgia Institute of Technology, mentor – Dr. Alfred Merrill; Dr. Naveen Kaushal from Penn State University, mentor – Dr. Sandeep Prabhu; Ms. Yang Li, University of Tennessee, mentor – Dr. Guoxum Chen; Dr. Jian Yan, Cornell University, mentor – Dr. Marie Caudill; and Dr. Frederique Yiannikouris, University of Kentucky, mentor – Dr. Lisa Cassis; in addition to a presentation by our keynote speaker Dr. Margherita Cantorna from Penn State University. Elizabeth Cordonier was selected the winner of the graduate student and postdoc poster award competition at the retreat. In June, Janos Zemleni hosted the annual meeting of the W2002 National Institute of Food and Agriculture (NIFA) Multistate Group. The group was re-authorized by NIFA for another five years.

#### **From Oklahoma State University Department of Nutritional Sciences**

**Nancy M. Betts**, PhD, RD, Department Head and Jim & Lynne Williams Endowed Professor, was recently named "Regents Professor." Deana Hildebrand, PhD, RD/LD, was promoted to Associate Professor. **Dingbo "Daniel" Lin**, PhD, joined the department as an Assistant Professor on July 31, 2013. Dr. Lin comes to us from Kansas State University. Jenny Graef, doctoral student in Nutritional Sciences, was recently named the recipient of the "Commission on Dietetic Registration Doctoral Scholarship" from the Academy of Nutrition and Dietetics Foundation. Graef is advised by Brenda J. Smith, PhD, Professor and John & Sue Taylor Professor. At the "2013 Kathleen Briggs Human Sciences Undergraduate Scholars Forum" the "Faculty Choice" award went to Kayla Castleberry (Nutritional Sciences major mentored by Edralin Lucas) for her poster entitled, "The effect of freeze-dried watermelon on lipid levels of ovariectomized mice." Nutritional Sciences alum Jessica Shaw, certified diabetes educator at Harold Hamm Diabetes Center, was named 2013 Distinguished Dietitian of the Year by the Oklahoma City District Dietetic Association. The award recognizes an area dietitian for service to a local community and is given at the Oklahoma Academy of Nutrition and Dietetics Spring Convention. Nutritional Sciences alum Kerri Horschler Metz ('09), was recently named "Recognized Young Dietitian of the Year" for the State of Alaska. She lives and works in Anchorage. Nutritional Sciences alum Melissa Burden Church ('07), was named "Outstanding Dietitian of the Year" at the OK Academy of Nutrition and Dietetics spring convention.

#### **From Texas A&M**

**Nancy Turner** gave an invited talk entitled "Mentoring: A collaborative effort to achieve success," during the Summer Bioastronautics Institute held by the National Space Biomedical Research Institute in Houston, TX. Nancy has been recently elected to serve as President-Elect of the Texas A&M Chapter of Sigma Xi. **Robert Chapkin** presented invited talks entitled "How diet regulates

colon cancer development” at the Canadian Digestive Diseases Week Meeting, Victoria, British Columbia, Canada, “Teaming up with the Physical Sciences to make sense of chemoprevention data” at the Departments of Computer and Mathematical Sciences and Natural Sciences, University of Houston-Downtown, and “Dietary fish oil: A magic bullet?” at the Texas Academy of Nutrition & Dietetics Annual Meeting, Austin, TX. He also spoke on the topic of chemoprevention at the Molecular Medicine Seminar Series, UT Health Science Center, San Antonio, at the Department of Veterinary and Biomedical Sciences, The Pennsylvania State University and at the FASEB Research Conference on Protein Lipidation, Signaling, and Membrane Domains, Saxton River, Vermont. **Chaodong Wu** has been promoted to Associate Professor effective on September 1, 2013. He recently gave an invited talk entitled “Is circadian clock dysregulation linked to adipose tissue inflammation in obesity?” at the Southeastern and Central Texas Society for Clocks at College Station, TX. **Joanne Lupton** received an honorary doctorate degree from Mount Holyoke College in South Hadley, Massachusetts.

#### ***From Baylor College of Medicine in Houston***

**Buford Nichols**, MD, DSc, gave an invited lecture at the Monell Center for Chemical Senses on June 11 entitled “Infant weaning; development of complementary starch digestion.”

#### ***From UTSW Medical Center in Dallas***

This past spring, the Friends of the Center for Human Nutrition organized a tribute event for **Scott Grundy**, MD, PhD, as he completed his 32nd year as Director of the Center. Dozens of past and present fellows of the Center attended the event. The UTSW Clinical Nutrition Graduate program welcomed new faculty member, **Kathleen Davis**, PhD/RD/LD, who is an Assistant Professor with expertise in pediatric nutrition. Deborah Clegg presented her most recent research findings focusing on the role of estrogen receptor alpha in adipose tissue at The Endocrine Society Meetings, and at seminars at Cedars Sinai and USC Medical Centers, and Elizabeth Parks gave a research presentation at UC-Davis, entitled, “Correcting fatty acid flux to regress nonalcoholic fatty liver.” Jennifer Lambert, postdoctoral fellow in the Parks Lab, attended the Dannon Nutrition Leadership Institute.

*Submitted by Elizabeth Parks  
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## **Southeast**

### ***Auburn University***

Dr. **Sareen Gropper**, our DPD director in the Department of Nutrition, Dietetics, and Hospitality Management has retired as Professor Emeritus. Dr. Patty Marincic will be the program’s new DPD director beginning in August.

### ***University of Georgia***

**Paige Berger**, RD, a doctoral student in the Department of Foods and Nutrition, received a travel award to attend the Mary Frances Picciano Dietary Supplement Research Practicum at the National Institutes of Health in June. Study abroad programs this summer were led by Dr. Silvia Giraudo to Australia and by Dr. Alex Anderson to Ghana. Dr. Claire de La Serre gave an invited presentation in the Department of Neuroendocrinology, University of Groningen, Netherlands in July, “Influence of the Diet and the Microflora on Gastrointestinal Functions and Regulation of Food Intake.” Dr. **Mary Ann Johnson** gave an invited presentation at the Annual Meeting of the Georgia Division of Aging Services, “Healthy Weight and Healthy Aging: Dispelling the Myths.”

Four new Assistant Professors will join the Department of Foods and Nutrition in the fall semester, including Caree Jackson Cotwright, PhD, RD, who received her PhD in Foods and Nutrition the University of Georgia. Dr. Cotwright joins us from the Centers for Disease Control and Prevention, where she works with several initiatives, including Michelle Obama’s “Let’s Move” campaign. Dr. Cotwright will be teaching Food and Nutrition Education Methods, which is required for several of our undergraduate majors. Dr. Cotwright joins other faculty hires we recently noted: Kelly Pritchett, PhD, RD, CSSD, with expertise in sports nutrition; Robert Pazdro, PhD, with expertise in nutrition and genetics, and Claire de La Serre, PhD, with expertise in the basic science of obesity. New faculty in the Department of Kinesiology include Dr. Nathan Jenkins, with research interests in the cellular mechanisms underlying the beneficial cardiovascular and metabolic adaptations to exercise, and Dr. Robert Pritchett with expertise in sports and exercise physiology.

We are hosting a State-of-the-Art Conference on Graduate Interdisciplinary Instruction in Obesity and Weight Management on July 31, 2013 on the University of Georgia campus. The seven faculty on the Organizing Committee are from six departments in four colleges: College of Agricultural and Environmental Sciences; College of Education; College of Family and Consumer Sciences; and College of Public Health. Seventy faculty, staff, and graduate students from 12 universities are participating in the conference. Dr. **Sharon Donovan** from the University of Illinois is the Keynote Speaker, and other speakers include Dr. **Sara Wilcox** from the University of South Carolina, Dr. **Hollie A. Raynor** from the University of Tennessee, Knoxville, Dr. **Joseph R. Sharkey** from Texas A&M, and Dr. Kevin Fontaine from the University of Alabama-Birmingham. Additional details about the conference will be posted on the Obesity Initiative’s website (<http://obesity.ovpr.uga.edu>).



### **University of North Carolina at Chapel Hill**

**Yuanyuan Qin** (mentor Liza Makowski) was awarded an Andrew Sabin Family Travel Grant on behalf of the McAllister Heart Institute to attend the American Society of Nutrition/Federation of American Society for Experimental Biology (FASEB) annual meeting in Boston in April 2013. Yuanyuan's abstract was selected to be presented as an oral talk entitled, "Fatty acid transport protein 1 mediates macrophage eicosanoid metabolism." In July **Rosalind Coleman** organized and chaired the 2013 Gordon Research Conference on Molecular and Cellular Biology of Lipids.

### **University of North Carolina at Greensboro**

**Natasha Brown** joined our department as an Assistant Professor in August 2013. Before joining the department, Dr. Brown was a Postdoctoral Research Associate in the Maryland Center for Health Equity at the School of Public Health, University of Maryland. Dr. Brown's primary research interests include racial and ethnic minority family environments, childhood obesity, and sociocultural influences on food decisions. Lenka Shriver also joined our department in fall 2013 as an Assistant Professor. Dr.

Shriver joins the department from the Oklahoma State University. Dr. Shriver's research focuses on two major areas: 1) Child nutrition and childhood obesity, 2) Nutrition and Exercise. Her recent publication was on body esteem and its relationship with weight status and physical activity among young elementary school-aged children.

**Cheryl Lovelady** has agreed to serve as the interim Associate Dean for Research for the School of Health and Human Sciences. **Amy Strickland**, an Academic Professional Assistant Professor and Director of the Didactic Program in Dietetics, will be serving as a Co-Director of the Faculty Teaching and Learning Commons overseeing faculty leadership and development initiatives at UNCG for the 2013-2014 academic year. In this position she will be involved in program development and implementation for new faculty, existing faculty, department heads, future faculty, and mentoring programs for tenure tract and non-tenure tract faculty.

*Submitted by Debbie Kipp  
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## President's Column *continued from page 1*

We have also created the ASN Global Advisory Ad Hoc Committee. A key task for the Committee will be the development of a framework for international activities and partnerships with other societies. This body will generate ideas, review opportunities, provide advice, and discern priorities for ASN's global outreach. Volunteer members that have agreed to participate include Simin Meydani, Arne Astrup, Guoxun Chen, Maria-Luz Fernandez, Catherine Field, Gilberto Kac, Michael McBurney, Lewis Rubin, Claire Boutry, and Masha Jessri. Their kind assistance is greatly appreciated. The Committee is charged with submitting a written report to the ASN Board by May 31, 2014.

Please mark the dates for attending the upcoming ASN conference *Advances and Controversies in Clinical Nutrition* to be held December 5-7, 2013 at the Capital Hilton, 1001 16th St NW, Washington, DC 20036. Details and online registration are available on the ASN website ([www.nutrition.org/](http://www.nutrition.org/)).

I would also like to remind everyone that the 2014 call for ASN award nominations for senior investigators, senior educators, senior mentors and junior investigators is open ([www.nutrition.org/awards](http://www.nutrition.org/awards)). The **September 15, 2013** deadline for nominations is rapidly approaching. Please take a moment to nominate a colleague for this wonderful awards program.

Thank you for the opportunity to share these updates. Please do not hesitate to contact me with suggestions or questions.

*Gordon L Jensen*



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# Research Holds the Key to Improving Global Health and Economies

By Sarah Ohlhorst, ASN Director of Government Relations

Proper nutrition offers one of the most effective and least costly ways to decrease the burden of chronic and non-communicable diseases and their risk factors, including obesity. Diseases and conditions [intrinsically linked to obesity](#) include heart disease, stroke, type 2 diabetes and certain types of cancer – the majority of the leading causes of preventable death. Worldwide, more than 10% of the adult population is obese [according to 2008 estimates](#). Health care costs related to obesity are close to [21% in the U.S.](#) – although lower in other countries, health care costs related to obesity are still significant. The importance of nutrition, as an integral part of the solution to many societal, environmental, and economic challenges facing the world, has just started to be fully appreciated.

In this age of dwindling resources and competing priorities, nutrition research holds the key to increasing our understanding of the causes of obesity and its related co-morbidities and, thus, holds promise to markedly influence global health and economies. The American Society for Nutrition (ASN) recently identified the “grand” challenges facing nutrition research and science in the 21st century, termed Nutrition Research Needs. The advancement of ASN’s six urgent Nutrition Research Needs is projected to have a highly beneficial impact on the future health and well-being of global populations. The following [Nutrition Research Needs](#) will provide the basis for solutions to many health-related issues, allowing individuals to lead healthier, more productive lives.

- **Variability in Individual Responses to Diet and Food** – Research will determine how different factors in an individual’s make-up (genetics, gut microbial populations, etc.) lead to varying responses to diet and/or specific food components. Such research will pave the way for personalized nutrition (detailed dietary recommendations) and predicting an individual’s future health status.
- **The Impact of Nutrition on Healthy Growth, Development and Reproduction** – Research will elucidate how diet and exposure to certain food components during critical periods of development, such as pregnancy and early life, can alter normal

developmental progression and contribute to disease later in life.

- **The Role of Nutrition in Health Maintenance** – Continued research to understand how proper nutrition manages weight, promotes health, and prevents disease is paramount to improve the health and well-being of future generations and economies.
- **The Role of Nutrition in Medical Management** – Research to better define the role that nutrition plays in disease initiation and progression will minimize unfavorable impacts of both *reduced and elevated* nutrient intakes on disease, and lead to improved patient responses to therapy and survival rates.
- **Nutrition-Related Behaviors** – Research can clarify how the human brain influences food choice and nutrition-related behaviors, leading to more effective nutrition standards and food policies to help combat obesity and other chronic diseases of public health importance.
- **Food Supply/ Environment** – Research is needed to show how the food environment (where foods are sold and their proximity, what foods are available, food prices, etc.) influences food choice and diet quality, and how the food environment can be best altered to improve diet and lifestyle.

In addition to the research agenda, ASN identified 5 cross-cutting tools that are essential for advancing nutrition research to the next level in the 21st century: Omics; Bioinformatics; Databases; Biomarkers; and, Cost Effectiveness Analysis. The development of new, impactful tools will enable researchers to more effectively quantify dietary intake and food waste, and the impact of current nutrition standards, such as the Dietary Guidelines for Americans and Dietary Reference Intakes (DRIs). Without development of these tools, cutting-edge, translatable research in nutrition science will not occur. Find out more about the Nutrition Research Needs and the tools necessary to advance them by reading [“Nutrition research to affect food and a healthy life span”](#) in the August issue of all ASN journals.

ASN hopes the Nutrition Research Needs will prompt collaboration among scientists across all disciplines to advance this challenging research agenda given the high potential for translation and impact on public health. Furthermore, ASN hopes the findings from the Nutrition Research Needs will stimulate the development and adoption of new and innovative strategies that can be applied towards the prevention and treatment of nutrition-related diseases. The multidisciplinary nature of nutrition research requires stakeholders with differing areas of expertise to collaborate on multifaceted

approaches to establish the evidence-based nutrition guidance and policies that will lead to better health for the global population. Of course, strong investment is necessary, in addition to multidisciplinary collaboration, to support the innovative research that is required. In order to realize the full positive impact of achieving good nutrition on disease prevention and the health of populations, we must have the will to invest in and support the six key areas of nutrition research that have been outlined above.

## Meet ASN's 5,000th Member



### ASN's 5,000th Member, Miriam Ryan, PhD, and Sponsor Professor Michael Gibney Talk Careers, Social Media

We are very excited to introduce our 5,000th member, Dr. Miriam Ryan.

I learned the wisdom of her ways very quickly when I began to feel better. Even if I didn't realize it then, that experience showed me the power of the foods we eat, and I became very curious about the science behind it.

Dr. Ryan is the scientific coordinator of the Joint Irish Nutrigenomics Organisation (JINGO) and a postdoctoral research fellow at the Institute of Food Health at University College Dublin. Along with Dr. Ryan, we spoke to her membership sponsor, Dr. Michael Gibney, a principal investigator for JINGO and the author of *Something to Chew On: Challenging Controversies in Food and Health*.

**Interviewer:** Dr. Ryan, how does it feel to be ASN's 5,000th member?

**Dr. Ryan:** I feel honored to be the 5,000th member of an organization with such a prestigious legacy in the field. The society has a wonderful reputation and provides so many great opportunities. Everyone has already been so welcoming; I'm very happy about it.

**Interviewer:** When did you first get interested in nutrition and what motivated you to pursue a career in the field?

**Dr. Ryan:** As a child, I had the worst digestive system, which led to many trips to the doctor. When the medications they gave me didn't work, they sent me to a dietitian. I may not have appreciated her input at the time, because she was changing the way I liked to eat, but I

**Dr. Gibney:** When I was at school in the mid-1960s, much of the economic growth at the time was driven by the agri-food sector. Even though I was born in Dublin and nowhere near a farm, food and food processing was really of interest to me. I began by studying agricultural science and eventually made the move into the nutrition field.

**Interviewer:** What made you decide to join ASN?

**Dr. Ryan:** I decided to become a member because nutrition is a field where you have to be very active in order to get the right information quickly. ASN membership provides so many different avenues to keep on top of important issues. Beyond that, membership offers great networking opportunities and the chance to build solid collaborative relationships, which is such an important part of doing research. I'm very much looking forward to becoming a part of the research interest groups because of those networking and research opportunities.

**Dr. Gibney:** I decided to join because ASN was (and is) one of the world's most prestigious nutrition societies with the top journals in the field. You can't really be a card-carrying nutritionist if you're not a member of a major nutrition organization like this one. Since joining, I've continued to



# Meet ASN's 5,000th Member

*continued*

find the journals incredibly helpful, and I've participated in a number of ASN meetings.

**Interviewer:** And why did you sponsor Dr. Ryan's membership?

**Dr. Gibney:** Miriam is among a crop of very successful postdoctoral fellows within my group, each overseeing a multi-million dollar project. Miriam is keen to explore posts abroad particularly with the US and I was thus delighted to agree to be her sponsor. Miriam, in addition to being a multi-lingual, outstanding young scientist, also has a career interest in the application of social media to nutrition. ASN membership will be vital to that end.

**Interviewer:** Can you tell us a bit about the Joint Irish Nutrigenomics Organisation (JINGO)?

**Dr. Ryan:** JINGO is a partnership between four universities - University College Dublin, University College Cork, Trinity College Dublin, and the University of Ulster at Coleraine - funded by the Irish Department of Agriculture's Food Institutional Research Measure. For the past six years, I've been managing the National Nutritional Phenotype Database. The program is made up of three projects that gathered nutrition data on over 7,000 Irish citizens between 2008 and 2012. While the data collection portion of the project has ended, this database now has the potential to be a huge national resource as well as a huge global resource for nutrition researchers.

**Dr. Gibney:** JINGO is so important because it integrates public health nutrition with molecular nutrition. I have felt there is a grave danger that public health nutrition might go in one direction and molecular nutrition another, instead of treating them as both sides of the same coin. JINGO helps address these concerns because it combines very large population studies with detailed data on gene sequences, gene expression, and metabolomics. I think the future is going to show that public health nutrition will need to develop and have access to this in-depth molecular data, and JINGO has given us a way to begin doing that.

**Interviewer:** How do you use social media in your work? How do you feel it has affected nutrition and are there ways we could use it more effectively?

**Dr. Ryan:** I've always been interested in online media, but it has really become a part of my work after we set up a website, *Twitter* (@UCDFoodHealth), podcasts, and

a *Facebook* page for JINGO. It has been an incredible tool to communicate with researchers and to understand what is important to them. Social media is an incredibly important resource for nutrition researchers. We are spending large sums of taxpayer dollars to conduct these projects, so we have a duty to tell people what's being done with their money and what the benefits are. Social media gives us the power to transmit this information instantly to large audiences. The technology is there, but I think that more could be taking advantage of it. ASN has led the way on this front, but it's important that individual members, clinicians, and researchers follow that lead. Nutritionists tend to be very adaptable creatures, but I think we could certainly increase the amount of training and attention we give to social media and other communications channels within formal Masters and doctoral programs.

**Dr. Gibney:** I blog once a week at <http://gibneyonfood.blogspot.com>. Through this blog, I've had the opportunity to get to know people in the community who are writing excellent, well-thought-out posts. Many of them are also communicating this information on Twitter. A lot of the high-quality material is being produced by graduate students and postdocs, who are setting up an international dialogue to discuss the ins and outs of new research developments. Unfortunately, social media also attracts some bad science as well. This is where ASN and other major societies can help promote the good science and weed out some of the less rigorous work, while encouraging membership to start taking up these tools for their own purposes.

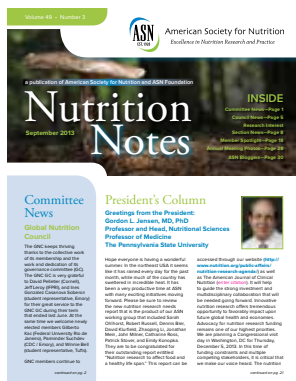
**Interviewer:** Dr. Gibney's recent book, *Something to Chew On: Challenging Controversies in Food and Health*, sets out to explore some of the many issues that dominate media coverage of nutrition and health. What has the response to the book been like?

**Dr. Gibney:** I wrote the book and set up my blog because I was tired of reading some of the less rigorous work produced on nutrition for popular audiences. I have found that the public has a huge appetite for nutrition information from people they feel they can trust. I wanted to satisfy that desire for interested, intelligent readers who wanted to find out more about genetically modified food, food additives, aging, obesity, personalized nutrition, and some of the other important issues in nutrition. The reception for the book has been very positive.



# American Society for Nutrition

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## Upcoming Deadlines

- Sept. 15.** Call for ASN Award Nominations
- Sept. 20.** Clinical conference abstract submission
- Oct. 1.** ASN Fellows nominations
- Oct. 1.** Clinical conference early registration
- Oct. 11.** SSCI abstract submission
- Nov. 8.** EB 2014 abstract submission

## Upcoming Events

- Sept. 15-20.** [IUNS 20th International Congress of Nutrition](#). Granada, Spain. Visit us at Booth #101.
- Sept. 22-24.** ASN and ASAS [Innovate 2013: Innovations in Animal and Human Health](#). Braselton, GA.
- Sept. 24.** Webinar: [Balancing Sodium and Potassium Intake for Disease Prevention and Optimal Health](#). 11:30 am ET. Hosted by USDA ARS in partnership with ASN.
- Oct. 4-7.** [American Society for Bone Mineral Research Annual Meeting](#). Baltimore, MD. Visit us at Booth #434!
- Oct. 19-22.** Academy of Nutrition and Dietetics (AND) [Food & Nutrition Conference & Expo 2013](#). Houston, TX. Visit ASN at Booth #622!
- Nov. 7-8.** AICR [Annual Research Conference](#) on Food, Nutrition, Physical Activity & Cancer. Bethesda, MD.
- Nov. 13-16.** [Annual Biomedical Research Conference for Minority Students \(ABRCMS\) 2013](#). Nashville, TN. Visit us Booth #219.
- Dec. 5-7.** ASN [Advances & Controversies in Clinical Nutrition](#). Washington, DC.