



# NUTRITION *notes*

YOUR MONTHLY MEMBER NEWSLETTER

ASN Nutrition Notes  
Monthly Member  
e-Newsletter

**December 2017  
Edition**

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## Nutrition 2018 - Registration

Registration and housing for Nutrition 2018 will open in January! Not only that, [Nutrition 2018](#) is even more affordable than last year!



ASN will offer a selection of hotels within walking distance of the Hynes Convention Center. The hotels offer a variety of amenities and range in rate from \$199 to \$289. Make plans now to register and book your hotel early for the best rate and selection!

**Be sure your membership is up to-date by the end of the year.** (Your membership log-in is your Email Address and ASN Member Number. If you need to reset your password, contact [mem@nutrition.org](mailto:mem@nutrition.org)). Members will automatically receive the best rate for which they are qualified when you log-in to register.

	<u>Early</u> On or Before March 9	<u>Advance</u> On or Before April 27	<u>Full</u> After April 27
<b>ASN Member</b>			
Member	\$400	\$500	\$575
Early Career Member	\$275	\$330	\$380
Student Member	\$70	\$85	\$100
Emeritus Member	\$125	\$150	\$175
1-Day Member	\$250	\$275	\$300
<b>ASN Nonmember</b>			
Nonmember	\$600	\$700	\$775
Nonmember PLUS Membership	\$625	\$700	\$775
EarlyCareer Nonmembers*	\$375	\$430	\$480
Student Nonmember*	\$120	\$130	\$175
1-Day Nonmember	\$350	\$375	\$400
<b>Exhibit Hall</b>			
Exhibit Pass	\$250	\$300	\$400

## Beat the Holiday Rush: Submit Nutrition 2018 Abstracts Today!

At ASN headquarters it's the most wonderful time of the year, as abstracts are coming in daily for Nutrition

2018. Thanks to all who have submitted their research to date! A few things to keep in mind:

- Are you a student or early career professional? If so, consider applying for up to \$1,800 in travel support through the [FASEB Mentored Poster/Platform Presenter Travel Awards](#). To apply, you must submit your abstract by January 18 and complete the award application by May 8.
- Numerous other travel award opportunities are available. [Click here for details](#).
- Check out ILSI North America's Research Design Competition. Compete for prizes by submitting a research design to integrate more safety measures in research on dietary bioactives. [Click here to learn more](#).
- With the exception of abstracts submitted for protocols and methods (category 097), all abstracts must include study results. Please note that omission of study results may result in a rejected abstract.
- Accepted abstracts will be published in **Current Developments in Nutrition**, ASN's new open access journal.
- **There is no late-breaking round of submissions.** Submit your research by January 18 to present at Nutrition 2018.

Please visit the [Nutrition 2018 abstract submission website](#) for more details. Submit by January 18 to take part in ASN's inaugural Nutrition 2018 and be part of history!

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## FASEB Support: Up to \$1,850 in Travel Funding Available

FASEB is partnering with ASN to provide Nutrition 2018 Mentored Poster/Platform Presenter Awards.

- Consider applying for these awards if you are:
  - A full-time undergraduate/graduate/medical student or postdoctoral/dinical trainee fellow at an accredited educational institution in the U.S. ; AND a
  - U.S. citizens or permanent residents of the U.S.
- Preference for awards is given to members of FASEB societies, including ASN. While FASEB and NIH encourages students and postdocs from groups underrepresented in the biomedical, dinical and behavioral sciences to apply, preference is not given to these individuals.
- Awardees cannot accept funding from any other sponsoring organization. Therefore, while you may still apply for and compete in ASN student competitions, you may not receive additional ASN funding. Though, if you win an ASN competition, you can still honor to post on your CV.
- Award funds up to \$1,850 in related expenses including airfare, hotel, ground transportation and meeting registration.
- To be considered, you must [submit an abstract](#) by the January 18, 2018 deadline and complete the award application by May 8, 2018. For more details, [click here](#).

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## ASN Successfully Advocates NO Tax on Grad Student Waivers



Congressional leaders released the [text](#) and an [explanation](#) of the [compromise tax legislation](#) agreed to by the conference committee. In a major victory for the research community, the final version does not include the proposal that was in the House bill to tax graduate student tuition waivers! Last week ASN sent a [letter](#) opposing the graduate student tuition tax to all conferees and House and Senate leaders. Many thanks to the ASN members who responded to and shared the FASEB e-action alert on the tax bill. Over 22,000 emails were sent to Congress, reaching all 100 Senators and 414 House offices.

More Public Affairs  
News

Majority Leader Kevin McCarthy (R-CA) announced that the House will vote on the compromise tax bill on 12/19. The timing of the Senate vote is uncertain at the moment. Senators John McCain (R-AZ) and Thad Cochran (R-MS) are currently away dealing with health-related issues, although press reports indicate that both expect to be available for a vote on the tax bill sometime this week. Congressional leaders are hoping to send the final bill to President Trump before Christmas.

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## ASN Vision 2028

The Vision 2028 Summit, held in Washington, DC, December 7-8, 2017, brought together 100 leaders in nutrition for a strategy session on ASN's future. The Summit was the work of ASN's Strategic Oversight Committee (SOC), under their charge to develop the strategic vision and plan for ASN timed to ASN's 100<sup>th</sup> Anniversary in 2028. Summit participants provided diverse representation across the nutrition field and ASN. Their work provides the foundation for development of 10 year strategy for ASN and the actions necessary to achieve the vision. The SOC will prepare a draft vision and action plan for review by ASN's Board of Directors. Vision 2028 will be shared with the membership during the ASN Annual Business Meeting and at Nutrition



## 2018 Joint ANDP-CFSA Fall Meeting Dates Announced

The [Association for Nutrition Departments & Programs](#) (ANDP) & Council of Food Science Administrators (CFSA) Joint Meeting will be held October 23-25 at Cornell. Not yet a member of ANDP? You can [join now!](#)

Fifty nutrition department chairs and program directors participated in the [2017 ANDP & CFSA Joint Meeting](#), October 25-27 at the University of Missouri, Columbia, MO. The action-packed agenda included presentation and discussion on Guiding Principles for Developing Dietary Reference Intakes Based on Chronic Disease, ASN Journals – How to Improve and Increase Submissions, ACEND 2017 Standards and Pilot Programs, Dietetics Simulations, Faculty Retention, Mentoring Faculty and Protein Enriched Foods: Big Data and Sustainability in Production Agriculture.

## New ASN Journals Websites Coming Soon!

We are excited to share that the January issues of ASN journals will be published on the new Oxford University Press platform. You can continue to use your bookmarks to our current journal sites, and there will be a message on the screen that directs you to the latest issues. Once the transition is complete in late January, the current sites will automatically redirect you to the new location on the OUP platform.

Members who are not using an institutional subscription will be prompted to login to ASN's member dashboard to gain access to journal content. Once logged into the member dashboard on the ASN website, members will have access to all journal content. If you need to reset your ASN member password, please contact [mem@nutrition.org](mailto:mem@nutrition.org).

The January 2018 issue of the Member Newsletter will include more information on the journal sites and on how to access content via the member page on the ASN website.

## Getting Your Manuscript Published Presentation @ 21<sup>st</sup> ICN *Workshop Sponsored by an Educational Grant from Ocean Spray*

ASN Journal editors, Teresa Davis, PhD and Jack Odle, PhD, conducted a workshop at the recent [IUNS-ICN 21st International Congress of Nutrition](#) in Buenos Aires, Argentina. The workshop was aimed at helping nutrition science researchers navigate the peer review and publication process. Their presentation slides are available for download at <https://nutrition.org/publications/getting-manuscript-published>. The presentation was 'standing room only' with more than 300 attendees. The main topics presented were:

- Writing Your Research Paper and Selecting the Right Journal to Submit Your Work
- Understanding the Peer Review Process and Responding to Reviewers



## Current Developments in Nutrition Celebrates One Year Anniversary!

It's been one year since we introduced ASN's first full open access journal, Current Developments in Nutrition ([cdn.nutrition.org](http://cdn.nutrition.org)). With more than 50 articles published since CDN launched in January 2017, CDN has already garnered international readership. We encourage you to access CDN content, sign up for content alerts, and

consider CDN for your next submission. .

As a complement to ASN's established family of journals, *Current Developments in Nutrition* meets unique and changing needs within the nutrition research community by:

- Upholding the high review standards of ASN journals
- Accelerating the review process with rapid resubmission of articles transferred from other ASN titles
- Expanding the scope of nutrition research by featuring a greater depth and breadth of topics and studies
- Adapting to a changing research landscape, with consideration for short-form papers, methods papers, and other presentations of nutrition research
- Offering competitive open access publication costs and significant discounts for ASN members
- Including article-level metrics such as article downloads, citations and altmetrics.



CDN helps expand ASN's publication mission by providing more options for authors, and through the rapid dissemination of high-quality content to advance nutrition research. We hope you'll consider submitting your work to *Current Developments in Nutrition* in the near future.

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## Help the ASN Foundation Reach End-of-Year Fundraising Goal!

Support from ASN's members makes the efforts of the [ASN Foundation](#) possible, and there is no time better than the holidays to express our warmest thanks for your continued involvement and support. Today, we're asking for your help with our 2017 Year-End Campaign. Please join the other ASN members who are generously providing funding needed to keep our momentum going strong as we enter 2018? Our goal for this campaign is to raise \$75,000 by December 31st. Can we count on your support of the ASN Foundation? **Any and all donations make a difference.**

Click [here to review the ASN Foundation's End-of-Year Appeal](#) or [here to make your donation today](#).

*Make a donation of \$50 or more before December 31<sup>st</sup> and receive a new ASN Foundation pin.*



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## ASN Predoctoral Fellowships for Students in Nutrition Research

**Deadline for Applications:** January 2, 2018

Applications for the 2018 ASN Predoctoral Fellowships are currently being accepted. To apply, please complete and submit all application materials by January 2, 2018. All application materials must be submitted electronically by e-mail to [awards@nutrition.org](mailto:awards@nutrition.org).

- Eligibility is based upon membership in the ASN and enrollment in a U.S. graduate program in nutrition.
- Grants range from \$2,000 - \$5,000.
- Awards will be presented at Nutrition 2018 in Boston, MA.
- Details/Application Form: <https://nutrition.org/contribute/asn-foundation/predoctoral-fellowships/>

**Questions?** Contact Michelle Crispino at [awards@nutrition.org](mailto:awards@nutrition.org).

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## ILSI North America's Research Design Competition: Pitch Your Ideas at NUTRITION 2018 and Compete for Prizes

Non-essential bioactive dietary components hold promise for helping maintain optimal health and reducing risk of chronic disease. Recommended intakes should have solid evidence of safe use at efficacious levels. ILSI North America is sponsoring a competition for teams to pitch research designs to integrate more safety measures in research with the primary purpose of testing efficacy of dietary bioactives. For more details and instructions for submitting your abstract, [click here](#). Abstracts are due January 18, 2018.

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# Going Up? 2<sup>nd</sup> Elevator Pitch Contest Hosted by Sight and Life

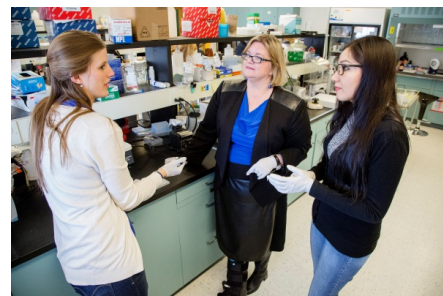
## Finalists Win a Trip to Nutrition 2018!

What you need to know:

- Sight and Life's Elevator Pitch Contest is a competition among innovators to identify and support projects that have a high potential to be implemented and produce a meaningful impact in nutrition assessment. The contest seeks disruptive ideas that will change the current way nutrition is measured.
- Whether a cutting-edge product, service, technology or application, the innovation needs to advance and improve the existing approaches to nutrition assessment.
- The contest is open to all students – including undergraduate, graduate and medical students and/or those working on a PhD or in a post-doctoral fellowship.
- Finalists will win a trip (round trip flight and accommodations) to Nutrition 2018 to pitch their idea to a panel of experts and potential investors. Winners will receive a cash award of up to \$2,000 USD.
- Deadline for submissions is January 31, 2018.
- Details: [www.elevator-pitch-contest.org/](http://www.elevator-pitch-contest.org/)



### *Interview with Sharon Donovan, Ph.D., R.D., Professor and Melissa M. Noel Endowed Chair in Nutrition and Health in the Division of Nutritional Sciences at the University of Illinois and Past President of the American Society for Nutrition.*



Dr. Donovan received her Ph.D. in Nutrition from the University of California, Davis and completed a post-doctoral fellowship in Pediatric Endocrinology at Stanford University School of Medicine. She joined the University of Illinois, Urbana in 1991, where she became Professor in 2001 and in 2003 she was named the first recipient of the Melissa M. Noel Endowed Chair in Nutrition and Health. She served as Director of the Division of Nutritional Sciences Interdisciplinary Graduate Program from 1999-2009. Dr. Donovan served as President of the American Society for Nutrition for 2011-2012. She is also President-Elect of the International Society for Research on Human Milk and Lactation (ISRHML) and she continues to provide leadership and guidance in several committees and special initiatives for ASN. In October 2017, she was elected to National Academy of Medicine.

#### **1. How did you first get involved in nutrition research? What made you interested in the field of nutrition science?**

I was an undergraduate student at U.C. Davis majoring in Zoology, with the intention of going to veterinary school. In my junior year, I took a physiological chemistry course (basically nutritional biochemistry) taught by Richard Freedland—and I loved the course! Afterward, I took a nutrition course in the Department of Nutrition, where Bo Lönnerdal was a guest lecturer on the topic of pediatric nutrition—and I was hooked! I switched my major to nutrition science and started doing research in his laboratory and eventually was accepted into his laboratory for my doctoral degree.

#### **2. When and why did you first join ASN? What convinced you to join the organization?**

I joined the former AIN in 1984 as a graduate student in nutrition at U.C. Davis and attended my first FASEB meeting in 1985. I became a Full Member in 1989. I joined because the American Society for Nutrition is the top nutrition society for basic, translational and applied research in nutrition.

#### **3. What aspects of ASN membership have you found most useful, professionally? What other aspects of your membership do you find useful as your career has progressed?**

ASN membership has been instrumental throughout my career. Early on, ASN provided a framework for disseminating my research through annual meetings and publications. Likewise, through ASN I was able to build a broad professional network of colleagues at other institutions in the U.S. and around the world. ASN also provided numerous leadership opportunities through the RIS groups, on the Executive Board as Councilor and Secretary and, eventually, as President of the Society. All of these activities have been very professionally fulfilling for me.

#### **4. What aspects of your research do you foresee being most important for ASN members?**

My laboratory conducts basic and translational research in the area of pediatric nutrition. During this phase of life, proper nutrition is of key importance for growth, development and long-term functional outcomes, such as cognition and immune response. A large focus in my lab is how early life events influence the composition and functional capacity of the gut microbiome. As we learn more about the microbiome and its relationship with many of the diseases that have long been associated with dietary intake, it is clear that nutrition

researchers should know more about this newly appreciated “organ”.

[Read the full interview with Dr. Sharon Donovan here](#)

## Request for Proposals: Weight Management & Satiety Research

The [Almond Board of California](#) (ABC) is seeking letters of intent (LOIs) for proposals from universities, institutes or private research laboratories to conduct almond research related to **Weight Management and Satiety**, in support of ABC’s global health and food professional outreach programs. A **maximum of \$1,200,000 USD** could be awarded for a **single** winning proposal. LOIs **must be received no later than 11:59PM on Monday, January 15, 2018 California/Pacific Standard Time (PST)**. LOIs received by the deadline will be evaluated by ABC Nutrition Research Committee members and staff. For further instructions, please contact Dr. Swati Kalgaonkar at [LOI@almondboard.com](mailto:LOI@almondboard.com).

## Catch Up on the Latest Science From Meetings You Missed!



ASN on Demand

Visit On Demand

If you missed the 2017 ASN Scientific Sessions, or saw something you’d like to see again, you’re in luck! EB17 session content and other ASN meetings is available on [ASN on Demand](#). Select presentations from each meeting are available at no charge. Additional content is available for [purchase](#).

If you signed up for ASN on Demand at registration at an ASN conference, your access instructions were sent to you via e-mail. To view the presentations, you may need to add access to your account on [ondemand.nutrition.org](http://ondemand.nutrition.org) using the access code sent to you. For assistance email [asnondemand@nutrition.org](mailto:asnondemand@nutrition.org).



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## Start using ASN NutriLink today

*Adjust your email frequency; suggest discussion topics*

ASN NutriLink is an online community forum for members. Post discussions, browse resource files, and search for a mentor or mentee - all in one place! It is also **home to over a dozen RIS and Council communities**. ASN NutriLink is the new way for RIS leaders to communicate deadlines, plan events and share other information specific to the group. Use [this guide](#) to adjust your email frequency. Contact the [ASN NutriLink Community Administrator](#) for any questions.

## ASN Journal Highlights



### *The American Journal of Clinical Nutrition (AJCN)*

December 2017, 106(6)

#### Editor's Pick

- [Neuromodulation directed at the prefrontal cortex of subjects with obesity reduces snack food intake and hunger in a randomized trial.](#) [Heinitz et al.]
- [Brain stimulation for treatment of obesity: will stimulating the prefrontal cortex reduce overeating?](#) [Keller]

**Evolving research is beginning to shed new light on how differences in how the brain works might predispose some people to unhealthy weight gain.** A new study published in *The American Journal of Clinical Nutrition* takes this one step further by examining whether stimulating a portion of the brain referred to as the *prefrontal cortex* might help obese individuals avoid overindulgence. The results are promising, suggesting that this type of noninvasive treatment might help overweight individuals become less inclined to consume excessive amounts of snack foods.

Current issue

### *The Journal of Nutrition (JN)*

December 2017, 147(12)



Current issue

#### Editor's Pick

- [Use of a "Super-child" Approach to Assess the Vitamin A Equivalence of Moringa oleifera Leaves, Develop a Compartmental Model for Vitamin A Kinetics, and Estimate Vitamin A Total Body Stores in Young Mexican Children](#) [Lopez-Teros et al.]

Accurately assessing vitamin A status remains a challenge, which is why supplementation of children with preformed vitamin A is used to combat the problem in many areas where vitamin A deficiency is prevalent. However, use of plant sources of carotenoids is a safer option, but the level of conversion to retinol can be quite low for some plant sources, and can be quite variable between sources. Both of these issues are addressed by a paper by Lopez-Teros and colleagues in the December issue of *The Journal of Nutrition*.



Current Issue

#### Advances in Nutrition (AN)

November/December 2017, 8(6)

##### Issue Preview

The November 2017 issue of *Advances in Nutrition*, ASN's international review journal, explores a broad range of pressing issues across the nutrition sciences, presenting and analyzing the current body of evidence. Log on to discover what we currently know as science and how we need to focus future research efforts in order to learn more and improve human health and nutrition.

- [Lukas Schwingshackl et al.](#) investigated the associations of 12 food groups with the risk of hypertension. Their analysis indicates that whole grains, fruits, nuts, eggs, and dairy may all be helpful in reducing hypertension risk. Interestingly, both the consumption of low- and high-fat dairy products were associated with a lower risk of hypertension.
- Accurately assessing the full environmental impact of diets is complex. [Bradley G. Ridoutt et al.](#) believe that "until the evidence base becomes more complete, commentators on sustainable diets should not be quick to assume that a dietary strategy to reduce overall environmental impact can be readily defined or recommended."



Current Issue

#### Current Developments in Nutrition (CDN)

December 2017, 1(12)

##### Issue Preview

- During the period from birth to age 3 years, an infant's metabolic rate is high, and synaptogenesis and myelination of the brain occur rapidly. As a result, infants are especially prone to damaging effects from nutrient imbalances. [Kartik Shankar et al.](#) believe that traditional clinical trials in nutrition that isolate single factors for study are inadequate to study the highly-interconnected realm of environment-gene interactions in early life. The authors point to novel technologies to gather more meaningful data on disparate infant populations, employing pioneering statistical approaches and correlations applied specifically to the individual based on their genetic make-up and unique environmental experiences. Access [journal full text here](#).

## Highlights from Other Journals

- [Simulation of Growth Trajectories of Childhood Obesity into Adulthood](#) [Ward et al.] *NEJM*.
- [Sugar industry sponsorship of germ-free rodent studies linking sucrose to hyperlipidemia and cancer: An historical analysis of internal documents.](#) [Kearns et al.] *PLoS Biol*.
- [A Supermarket Double-Dollar Incentive Program Increases Purchases of Fresh Fruits and Vegetables Among Low-Income Families With Children: The Healthy Double Study](#) [Polacsek et al.] *J Nutr Ed Behav*.
- [Fruit and vegetable intake and cognitive impairment: a systematic review and meta-analysis of observational studies](#) [Mottaghi et al.] *Eur J Clin Nutr*.
- [Development and Validation of a Deep Learning System for Diabetic Retinopathy and Related Eye Diseases Using Retinal Images From Multiethnic Populations With Diabetes](#) [Ting et al.] *JAMA*.

- [Staff Food-Related Behaviors and Children's Tastes of Food Groups during Lunch at Child Care in Oklahoma](#) [Anundson et al.] *J Acad Nutr Diet*.

## Important Dates

Jan 13, 2018

[CNS Advances in Nutrition: from daily living to high performance Sport](#). (Virtual / Live Conference, Toronto, Canada)

May 3-5, 2018

[Canadian Nutrition Society 2018 Annual Conference](#) (Halifax, NS, Canada)

Jun 9-12, 2018

[Nutrition 2018 - Hynes Convention Center \(Boston, MA\)](#)

Join ASN for its flagship nutrition-focused annual meeting!



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