



NUTRI NEWS

The Department of Nutrition

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BETSY FROST-HAWES HAS INFUSED THE H.P.F.S. WITH HER EXUBERANCE FOR 30 YEARS!



Betsy Frost-Hawes is the Senior Project Manager for the Health Professionals Follow-up Study and has been with the Nutrition Department for a little over 30 years. Bright, hard-working, and very knowledgeable about all aspects of the HPFS, Betsy is the main go-to person for this Harvard cohort study. Let's meet Betsy now!

NN: *Betsy, could you please tell us a little about your background and what you do here in the Nutrition Department?*

BFH: Well, I majored in International Relations at the University of Maine. My first interest was biology/zoology. I really wanted to be a veterinarian (but couldn't see myself in Vet School.) When I graduated, I felt that public health would prove to be a great combination of the two. I also have a Certificate in Management from Harvard Extension, which has served me well in my position.

I am the Project Manager for the Health Professionals Follow-Up Study (HPFS), and have been coordinating and managing the HPFS for thirty years. As Project Manager, I oversee the hiring, managing and supervising of research assistants and staff assistants. I also develop and design the questionnaires and newsletter and coordinate all the mailings. Additionally, I am responsible for many HPFS IRB protocols, which includes procedures and submissions, and I also assist Investigators with sub-studies design, development and implementation. Currently, I am assisting a study with a joint collaboration between the Harvard TH Chan School of Public Health and Dana Farber Cancer Institute. They are hoping to recruit 50,000 participants who each have a family member who has been diagnosed with Multiple Myeloma.

NN: *I'm curious. What brought you here to the Nutrition Department?*

BFH: I moved to Boston from Bangor, Maine. In 1987, very shortly after moving to Boston, I started as a research assistant at Channing Lab with the Nurses' Health Study. I was there for about six months before coming to the Nutrition Dept to work with HPFS as Project Coordinator.



NN: *Betsy, you've been with us for 30 years now. How have all the different changes in technology affected your job over the years?*

BFH: It was funny, but I was just noticing today how much has changed in the last thirty years. For example, we have had questionnaires stored over at Tremont Storage for almost twenty years (which we now need to move). I was trying to find out some information for some of the questionnaires that were completed in 1994 and 1998. I actually found handwritten notes because some of the information was documented before emails! I was grateful that I kept these handwritten notes/logs all these years. It felt like an archival dig.

Our storage system has also changed in the last thirty years. Our original questionnaires were all scanned and stored on microfilm. I am not sure where we would find a microfilm reader now if we needed to look at these--perhaps Countway Library? We then scanned them and stored them on a CD disk. Now we scan them and they are stored digitally. Scanning the questionnaires and medical records digitally has made looking up information so much quicker and efficient. We can type in a participant's ID and get all the information in one location.

Of course, with the advent of computers and related technologies, many tasks have become easier and less time-intensive. When I first started, **[Dr] Eric Rimm** had one of the few PCs, so occasionally I would use his computer to look up information (you will have to ask Eric about "TBA"). We had one mainframe computer in the office which I shared with two other colleagues (with **[Dr] Ed Giovannucci** being one of my first office mates). The questionnaire development has also changed. We started with cutting and pasting the questionnaires together--although sometimes I still find myself doing that--but now I can do that with a computer. We also now have online questionnaires for our participants (about 35% answer online).

NN: *You have a reputation for being a very dedicated (not to mention valuable!) worker. It must be tough having to commute to work here in Boston from your home in Maine.*

BFH: Thank you; I really appreciate that. The commute can be long--some days longer than others--especially during the past couple years. I now drive for the first hour of the trip and then carpool

for the second hour with my colleague, **Siobhan Saint Surin**. I try to catch up on the news or listen to podcasts or a book on tape while I am driving.

Before carpooling, I used to take the bus. I would try to somehow fit in exercising when riding the bus. For a stretch, I would wear my running clothes on the bus and then jog to the Landmark office from North Station. But then I found that I usually had to jog back to South Station. That mode of transportation was short lived: as one of my friends said to me, she thought that was too Type A for me. I then tried the Hub bikes from Landmark Center to South Station--but that was unnerving for me, too. I didn't like riding in the bike lane on Commonwealth Ave. as I am not an assertive bike rider! Then one time I got caught in a rain storm riding to South Station and I was soaked taking the bus home. After that, I just started walking to South Station from the Landmark Center. I did this for several years, it was a great way to see the city and get some exercise in.

I always tend to pack my own lunch for work. I remember one day I went to go get my lunch from the department fridge and I noticed that the bag seemed heavier than I remembered. When I opened it, I had two chicken carcasses that I had stored in the fridge (at home) to make soup. Needless to say, I didn't bring those carcasses back home on the bus!

But probably, and most importantly, I do have to say thank-you to my husband, Joel, because all these years, almost every single day, no matter what time, even if it was at 4:30 am (which it was for several years because I would get up that early) he brings me a cup of coffee! I would have a hard time getting going without that first cup.

NN: *What changes have you seen in the HPFS since you've been here?*

BFH: As I mentioned earlier, technologies have changed, including the tools that participants can use to answer, not only the hard copy but the online survey. We now have a HPFS website and even a HPFS twitter account. We have had many sub-studies that the participants have participated in such as the Prostate Cancer Survivor Study, Mens Validation Health Study, Parkinson's Study, Cognitive Study, Mother's Study, Blood Lab, etc.

We have also seen changes in work location since I first started. The HPFS originally started on the 9th floor in Epidemiology, then to the 3rd floor (Nutrition Department), then to the Galleria on Longwood Ave—until the past fifteen years where we have been at the Landmark Center. I actually assisted **[Dr] Sue Hankinson** with researching and starting the first blood study and collection for NHS and HPFS. The changes and advances in the Blood Lab are way beyond me now. Although there have been many changes, one constant seems to involve the participants themselves, including the wonderful response rate and dedication of the participants.

NN: *It must be interesting to work with participants. I bet many of them have quite interesting backgrounds and have been a major help to your study.*

BFH: We here at HPFS are indebted to the dedication of our participants! I personally feel that talking and communicating with the participants is one of my favorite responsibilities! Whenever I have the opportunity, I love talking to them because they are so interested in the study and have such great questions and suggestions. Many of them have shared fabulous stories of their lives. Recently, I interviewed a HPFS participant for the 2019 HPFS newsletter. One participant would always send me photos of his dahlias and another one would send me CDs of his recorded trumpet songs. One of the funniest stories from a participant was when he wrote to me via email. The automated reply they used to get when completing their survey came from our HPFS email but it had my name in it. When he saw "Betsy" in the email reply, he was frightened that his ex-wife "Betsy" was in touch with him! I literally had a LOL.

NN: *Like many members of our Department, I hear that you are also quite a runner. Do you run a lot? I hear that you became an Angel of Mercy one day when you were running by Leverett Pond on your way to Jamaica Pond and stopped in the middle of your run to*

rescue a woman who had fallen through the ice with her little dog. That was a very brave and heroic thing to do. What was this all about?

BFH: Unfortunately, I am not running as much as I used too. I had a major hamstring injury a few years ago and just haven't quite recovered as much as I would like. I ran the Boston Marathon for Dana Farber four years ago and that was a highlight for sure. There were a group of us at work who ran fairly regularly. One time **Liz Lenart** and I were running out to Jamaica Pond and there was a woman who we heard yelling. She and her little dog had fallen through the ice. We stopped and rescued her dog and helped her get out of the ice and then helped to warm them up before the dog ambulance arrived and took us to Angell Memorial Hospital.

Another time Liz and I were running around Jamaica Pond and we actually saw the Dalai Lama walking around the Pond! We looked at him and he smiled at us as if to say—"Yes, I am the Dalai Lama." After that sighting, I was always looking for Elvis on our runs.

Another major highlights for me was two years ago when I walked the Camino de Santiago from the French Pyrenees across northern Spain to Santiago de Compostela, Spain. It was over 500 miles and took five weeks. My daughter Rachel joined me for a week (she was studying in Spain) and my husband Joel joined me for the last five days. It was such an incredible pilgrimage and I would love to go back and do another section.

NN: *Because managing a large cohort like the HPFS can be quite a job sometimes, I'm sure you must also take some time off to just have some fun. Your Yankee swaps are legendary. Was there really a free-for-all over a sweater with a lot of blinking Santa Claus lights that [Dr Walter Willett] won?*



BFH: Ha-ha! That couldn't have been more perfect! **Walter Willett** actually picked the box that had the Santa Claus sweater with lights. He put it right on--the sleeves may have been fairly short though, if I recall correctly. There seemed to be a stretch there too where at several Yankee Swaps, **Eric Rimm** always seemed to get the gift that no one really wanted. I have always felt that my colleagues are like my family-- I am not sure what I would do without them. We try to remember birthdays and celebrate special occasions.

NN: *And what about the time you all had a Halloween party back in the day and everyone showed up wearing a Walter mask?*



BFH: Eric's Administrative Assistant at the time, **Mary Johnson**, spent a little bit of time (but not too much) photocopying **Walter Willett's** face. We all tried to wear flannel shirts that Walter seemed to wear at that time. When he came into the room he was so surprised to see so many Walter Willett Clones! We always thought anyway that perhaps there might be clones of him out there--and that was how he actually got so much work accomplished!

NN: *Finally, I couldn't help but notice that your desk is covered with tons of pictures of your husband Joel? I mean, face it, most people just have 1 or 2 pictures of their families on their desk. What on earth is this all about, anyway?*

BFH: Ha-ha. My husband came to my office about a year ago and observed that there were pictures of our children, Ethan and Rachel, but none of him! The last time he came to the office (while I happened to be out of the office) he taped up photos of himself in several places. He is a school administrator, so he still gets school photos taken of him every year--so he had plenty of photos to put up.

Finally, I would like to take this opportunity to say how grateful that I am to have worked all these years for such a wonderful study and department. I have been so fortunate to have landed here over three decades ago!

NEWS FROM AROUND THE NUTRITION DEPARTMENT

Nathalie Marchand, Doctoral Student in Nutrition and Epidemiology, successfully defended her doctoral dissertation titled ***Diet, Lifestyle, and Hip Osteoarthritis in Women*** on October 22nd.

The following manuscripts by various members of the Nutrition Department have been published:

Cory, H., Passarelli, S., Szeto, J., Tamez, M., & Mattei, J. (2018). The role of polyphenols in human health and food systems: a mini-review. *Frontiers in Nutrition*, 5, 87.

Passarelli, S., Canavan, C.R., Paarlberg, R., Juma, C., Akyeampong, E., Fekadu, H., Golden, C.D., Gunaratna, N.S., Jaacks, L.M., Kennedy, E. and Madzorera, I. 2018. Harnessing University Strengths in Multi-Sectoral Collaborations for Planetary Health. *Current Developments in Nutrition*.

Passarelli, S., Mekonnen, D., Bryan, E. and Ringler, C., 2018. Evaluating the pathways from small-scale irrigation to dietary diversity: evidence from Ethiopia and Tanzania. *Food Security*, 10(4), pp.981-997.

Dr Christopher Robert Sudfeld has received a joint appointment as Assistant Professor of Global Health and Nutrition in the Departments of Nutrition and Global Health and Population.

Dr Maryam Farvid's (PI) grant proposal titled "*Beverage consumption and breast cancer survival by molecular subtypes and hormone receptor status*" has been awarded by the AICR.

DR PEKKA PUSKA DELIVERS THIS YEAR'S STARE-HEGSTED LECTURE



Dr Frank Hu honors Dr Pekka Puska as the fourteenth Stare-Hegsted speaker

The Department of Nutrition of the Harvard T.H. Chan School of Public Health held its 14th Annual Stare-Hegsted Lecture in honor of **Drs Fredrick Stare** and **Mark Hegsted**, who in 1942 founded the Department, the first nutrition department in the US. **Pekka Puska, MD, PhD, MPOlSci**, this year's honored speaker, is a professor, Finnish physician, and member of Parliament. Dr Puska led the North Karelia, Finland, study on CVD which became a landmark study. Since then, he has had a significant influence on public health research and practice in Finland and globally for several decades.

Photos courtesy of Brett Otis and Nilagia McCoy

To view the Stare-Hegsted Lecture: <https://mediasite.video.harvard.edu/Mediasite/Play/2974e94505df44e0945cd5c20b445ce51d>



NEW FACES IN THE DEPARTMENT!

The following people have recently joined our Department. Please be sure to welcome them the next time you see them.



Florentin-Daniel Staicu
Visiting Graduate Student

Hi everyone! I'm Florentin Daniel Staicu, and I was born and raised in Romania. In order to pursue my education, I travelled to Italy where I obtained a Bachelor's Degree in Biotechnologies with a specialization in Reproductive Biotechnologies. Some of my teachers inspired me to learn more about gametes and embryos, so I ended up doing exactly that.

I am currently involved in the Rep-Biotech Joint Doctoral Program at the University of Murcia in Spain where I study how nitric oxide modulates the sperm fertilization's ability in humans. Part of this project also concerns how the levels of this molecule in the follicular fluid correlate with the clinical outcomes

from assisted reproductive techniques, which is also my focus here at the Harvard T.H. Chan School of Public Health. My mentor here is **Dr. Jorge Chavarro**.

In my spare time, I love taking long walks and bingeing on cool TV series and movies. I'm very excited to be in Boston and I look forward to spending the winter here and seeing proper snow (which I haven't seen in a long time)!

Anna Rudnicka
Visiting Graduate Student

Hello all, buenos días a todos, 大家好, dzień dobry wszystkim!

My name is Anna Rudnicka and I'm thrilled to spend a few months here with you.

I hold Master's degree in Nutrition and Dietetics, which I obtained in Warsaw, Poland; while earning my degree I also had a chance to study in Beauvais, France and Taichung, Taiwan. I am currently involved in the Rep-Biotech Joint Doctoral Program. My *alma mater* is the University of Murcia, Spain. Here at Harvard I'm going to focus on the nutritional aspects of male reproductive health, under the supervision of **Professor Jorge Chavarro**.

I came to be here thanks to grant named after Marie Skłodowska-Curie, who was a great female Polish scientist and is my personal hero. I'm Polish, but I consider myself to be a world citizen with a European soul! I love traveling, because it gives me the chance of meeting fascinating people, exploring amazing places and trying new cuisines. The most exciting trips I have taken so far were to Japan and Indonesia. Once I even hitchhiked through all of Europe, from Poland to Spain!



This is my very first visit to America and I can't wait to see more of it!



Godfred O. Boateng, MPhil, PhD
Postdoctoral Fellow

Godfred Boateng is a quantitative sociologist by training, with research interests in social epidemiology. He received his PhD in Sociology from Western University in Canada. His research is at the intersection of food, water, and energy insecurity, with a special focus on understanding the proximal, distal, and contextual factors that shape resource scarcity and influence health disparities in developing countries. Before joining the department, he worked as a research fellow at Cornell University, and subsequently, at Northwestern University. As a lead analyst, he contributed to the development and validation of the HWISE scale that measures household water insecurity worldwide. At Harvard, he will be working with **Dr.**

Christopher Golden on a series of research projects focused on the diets of Malagasy people in the context of ecosystem change. Dr Boateng will examine how pollinator and fish declines impact on food security and human nutrition.

Dr Boateng's love for the ecosystem has taken him hiking on one of the tallest mountains in West Africa and on one of the world's most incredible rainforest canopy walkways. He has also visited the dramatic mountains and peaks of Lofoten's archipelago in northern Norway. He looks forward to working with Chris and other faculty members in the Department.

MONDAY NUTRITION SEMINARS

The Department of Nutrition holds its weekly **Monday Nutrition Seminar Series** every Monday throughout the academic year. The talks are varied, but they highlight the many different aspects of cutting-edge research that is currently being conducted in the fields of nutrition and global public health. These seminars are held from **1:00-1:20 pm in Kresge 502** at the Harvard T.H. Chan School of Public Health. The seminars are free and open to the public.

The following speakers will discuss their work in November:

- Nov 5 **Dr Daniel Roth**, Associate Professor in the Department of Paediatrics, University of Toronto; Clinician-Scientist in the Division of Paediatric Medicine at The Hospital for Sick Children, "*Vitamin D supplementation in pregnancy and lactation: Insights from a randomized controlled trial in Bangladesh*" (NGHP)
- Nov 12 **Veterans Day—No Monday Nutrition Seminar**
- Nov 19 **Dr Kerry Ivey**, Postdoctoral Fellow, *Diet-Microbiome Analyses*
- Nov 26 **Antonio Paoli M.D., B.Sc., FECSS**, Associate Professor of Sport Sciences, Rector's Delegate for Sport and Wellness, Dean of the School of Human Movement Sciences, Director of the Nutrition & Exercise Physiology Lab, Department of Biomedical Sciences University of Padova, Italy, TBD

For more information, contact: hfarmer@hsph.harvard.edu

MORE NUTRITION IN THE NEWS

Dr Maryam Farvid, Research Scientist, was one of two Harvard Chan researchers cited as women at forefront of cancer research, along with **Dr Health Eliassen** of the Department of Epidemiology, on a list of nine women at the forefront of cancer research. In a September 11, 2018 article, The University Network (TUN) cited the two women for their recent study on the effects of fruit and vegetable consumption on breast cancer risk.

Their research found that women who ate high amounts of fruits and vegetables—especially yellow, orange, and cruciferous vegetables—were less likely to develop breast cancer, particularly aggressive tumors. This was found to also be beneficial for the prevention of several chronic diseases and for maintaining a healthy weight.

From: <https://www.hsph.harvard.edu/news/hsph-in-the-news/two-harvard-chan-researchers-cited-as-women-at-forefront-of-cancer-research/>

Read the University Network article: [Women Killin' It In Cancer Research](#)

Learn more: [Vegetables and Fruits \(The Nutrition Source\)](#)

Peanuts and Peanut Butter Found To Be Healthy after All

According to **Dr Vasanti Malik**, Research Scientist, even though peanuts are often regarded as less healthy than tree nuts such as almonds, that isn't necessarily true. Malik told *Consumer Reports* in a September 13, 2018 article: "Peanuts are actually really healthy," and "They're certainly high in calories and fat, but the fat is good fat."

This is because peanuts contain mostly mono- and polyunsaturated fats. These can help lower "bad" LDL cholesterol, and they are high in protein and fiber. Malik recommends eating peanuts with the skins intact, because they contain anti-inflammatory polyphenols. Other healthy options might include dry roasted nuts without added sugars, and peanut butter without hydrogenated oils—just be sure to hold the jelly.

From: <https://www.hsph.harvard.edu/news/hsph-in-the-news/peanuts-can-be-healthy/>

Read the Consumer Reports article: [Are Peanuts Good for You?](#)

Learn more:

[Eating nuts linked with better heart health](#) (Harvard Chan School news)

[Humble peanut appears to offer health benefits of pricier nuts](#) (Harvard Chan School news)

Roger S. Berkowitz, President and Chief Executive Officer of Legal Sea Foods, a Boston-based restaurant group that has 33 restaurants along the East Coast of the United States, recently hosted **Drs Walter Willett** and **Eric Rimm** on an episode of his podcast *Name Brands*. Rimm and Willett provided their expert opinions, based on the latest evidence-based research, on some of the most common food and public health questions, including whether coffee causes cancer, whether organic produce is always better, and whether alcohol consumption contains health benefits. They also discussed the dangers of trans fats and shared what they themselves eat in a typical day.

To listen to this podcast: <https://boston.cbslocal.com/audio/name-brands/>

Eric Rimm Offers New Course on Using Evidence-Based Nutrition Science to Achieve Healthier Organizations and Communities



Dr Eric Rimm, Professor of Epidemiology and Nutrition, & colleagues have instituted a new course via ECPE that will be a custom program for organizations, *Using Evidence-Based Nutrition Science: Achieving Healthier Organizations and Communities*. This mini-course will give each organization the opportunity to engage with respected experts in evidence-based nutrition, obesity, food insecurity, sustainability, food policy, and food safety using real-life case studies and focused discussions to explore concrete solutions.

This 2.5 day course will translate insights from new nutrition research into practical guidance for an organization or community. The program will cover the latest in-depth knowledge emerging from nutrition science, explore important controversies, translate lessons from failed attempts to shift stubborn nutrition and food choices, and identify concrete opportunities to pursue. Participants will engage with respected experts in evidence-based nutrition, obesity, food insecurity, sustainability, food policy, and food safety through real-life case studies and focused discussions. Issues such as food and calorie quality, effective approaches for influencing consumer behavior, promotion of plant-based diets, the role of marketing in food choice, and lessons learned from unsuccessful efforts aimed at improving healthy eating will be the focus of large and small group interaction.

This program will be customized to benefit a wide range of organizations, including food manufacturers, food service companies, nonprofits and foundations, government policy makers at all levels, and organizations that advocate for better public health nutrition.

If you are interested in commissioning this program specifically tailored to your organization, or any other custom programs, please contact Rebecca Moore at 617.432.2207 or rmoore@hsph.harvard.edu.

For more information: <https://www.hsph.harvard.edu/ecpe/programs-for-organizations/nutrition-science-healthier-organizations-communities/>

Will eating organic foods reduce cancer risk?

A new study that appeared in *JAMA Internal Medicine* indicates that, when compared to adults who never ate organic foods, adults who most frequently consumed organic fruits, vegetables, dairy products, meat and other foods had 25% fewer cancers. However, nutrition experts **Dr Frank Hu**, Professor and Chair of the Department of Nutrition, and **Dr Jorge Chavarro**, Associate Professor, caution that the study has its limitations and that more research is needed to confirm these results.

Hu and Chavarro co-authored a commentary that accompanied the *JAMA Internal Medicine* study, one in which they were not involved in. In their commentary, they raised concerns that the researchers didn't test pesticide residue levels in study participants in order to validate exposure levels.

According to Hu, "From a practical point of view, the results are still preliminary, and not sufficient to change dietary recommendations about cancer prevention". Chavarro called the study as "incredibly important," and noted that its findings are consistent with those of some other studies. But he, too, cited the study's limitations and pointed out that assessing organic food intake is "notoriously difficult."

From: <https://www.hsph.harvard.edu/news/hsph-in-the-news/organic-food-cancer-risk/>

For link to commentary: <https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/270794>

Read the New York Times article: [Can Eating Organic Food Lower Your Cancer Risk?](#)

Read the CNN article: [You can cut your cancer risk by eating organic, a new study says](#)

To learn more:

[When should you consider buying organic?](#) (Harvard Chan School news)

[Health benefits of organic food, farming outlined in new report](#) (Harvard Chan School feature)

Walter Willett Recommends Eating Fiber from a Variety of Sources for Maximum Benefit

According to an October 18, 2018 *Time* article, **Dr Walter Willett**, Professor of Epidemiology and Nutrition, states that the evidence for health benefits from fiber is "remarkably consistent". Because fiber is more slowly digested than foods like refined starches and sugars, it has been linked to lower risk of cardiovascular disease, weight gain, and type 2 diabetes. The best sources of fiber are unprocessed foods like fruits, vegetables, seeds, and legumes. Whole grains, especially if they can be eaten in an intact form, such as brown rice or wheat berries, are also a good source of fiber.

Willett further said that while synthetic fibers like polydextrose found in packaged foods offer some of the same benefits as natural fibers, including lowering blood sugar spikes and decreasing appetite, they are a less healthy choice because they lack vitamins and minerals. In order to "minimize the chance of missing something important", Willett recommended eating fiber from a variety of sources.

From: <https://www.hsph.harvard.edu/news/hsph-in-the-news/fiber-variety-sources-health/>

Read the Time article: [These Are the Best High-Fiber Foods, According to Experts](#)

Learn more:

[Higher dietary fiber intake in young women may reduce breast cancer risk](#) (Harvard Chan School news)

Visit the Harvard Chan School website for the [latest news](#), [press releases](#), and [multimedia offerings](#).

Brett Otis and Nancy Oliveira Talk about Food in Cambridge



Brett Otis, Digital Media Communications Coordinator, and **Nancy Oliveira**, Science Writer, had fun hosting a table at the Harvard Science Center for the Let's Talk about Food event that was hosted by the Harvard University Dining Services in partnership with Let's Talk about Food. This event turned out to be a fun-filled and inspiring day of cooking, demonstrations, hands-on skills, head-to-head competitions and tastings, innovations and exploration intended to inspire and educate on key themes in sustainability, food, and nutrition. Otis and Oliveira had a blast "talking about food" with the community, and sharing a sample of Nutrition Source resources. Most popular was their "Healthy Eating Plate" trivia game, where folks could win a Healthy Eating Plate refrigerator magnet. Their Kid's Healthy Eating Plate coloring page was also a big hit—mostly for kids, but plenty of adults picked up some crayons and joined in too!



NUTRITION SOURCE UPDATES

New Food Feature: Apples

Does eating one a day really keep the doctor away? Learn about apples and health, and the best types for baking versus munching off the core: <https://www.hsph.harvard.edu/nutritionsource/food-features/apples/>

New Healthy Eating Plate Translation: Dĩa Thức Ăn Bổ Dưỡng (Vietnamese)

<https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/translations/vietnamese/>

Meal Prep: A Helpful Healthy Eating Strategy

Amidst hectic weekday schedules, meal prep or meal planning is a great tool to help keep us on a healthy eating track:

<https://www.hsph.harvard.edu/nutritionsource/2017/03/20/meal-prep-planning/>

If you would like to remain current as to what is happening in the field of nutrition, please be sure to view our Nutrition Source website for the latest updates!

(See: <https://www.hsph.harvard.edu/nutritionsource/>)

Latest Research from EVERGREEN:

Summary: A systematic review of strategies to reduce sugar-sweetened beverage consumption among 0-year to 5-year olds

Kelsey Vercammen, Johannah Frelief, and Dr. Sara Bleich published a systematic review that identified six overarching strategies to reduce SSB consumption among young children. Of these strategies, the most consistently successful were in-person individual education, changes to the physical access of beverages, and provider training.

<https://sites.sph.harvard.edu/evergreen/2018/07/25/summary-a-systematic-review-of-strategies-to-reduce-sugar%E2%80%90sweetened-beverage-consumption-among-0%E2%80%90year-to-5%E2%80%90year-olds/>

Summary: A Road Map for Sustaining Healthy Eating Behavior

Dr. Sara Bleich recently published a perspective piece suggesting strategies for sustainable healthy behaviors. Dr. Bleich outlines promising approaches to promote and sustain health behaviors in the health system, through local and federal policy, and in the private sector.

<https://sites.sph.harvard.edu/evergreen/2018/08/10/summary-a-road-map-for-sustaining-healthy-eating-behavior/>

Summary: The Effect of Graphic Warnings on Sugary-Drink Purchasing

Laura Zatz and co-authors demonstrated that graphic warnings were associated with decreased sugary drink purchasing, increased consideration of health, and increased intention to purchase water instead of soda. The authors also determined opinions on graphic warnings for sugary beverages.

<https://sites.sph.harvard.edu/evergreen/2018/09/17/summary-the-effect-of-graphic-warnings-on-sugary-drink-purchasing/>

The Department of Nutrition is currently seeking candidates for the position of Assistant or Associate Professor of Integrative Genomic Epidemiology. Please feel free to share this with your colleagues!

For more information: <https://academicpositions.harvard.edu/postings/8319>