

NUTRI NEWS

The Department of Nutrition

September, 2022

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THE DEPARTMENT OF NUTRITION WELCOMES 17 NEW STUDENTS TO ITS MPH-65 AND PhD PROGRAMS THIS FALL!

The Department of Nutrition is proud to announce that 12 new MPH-65 students and 5 new PhD students will join our Department this fall. Once again, we have managed to attract outstanding candidates. These students come from diverse backgrounds, and are from different parts of the US and world. Many have already gained valuable experiences in the fields of nutrition and public health before arriving here. We are sure that all of them will be an invaluable asset to our programs and go on to enjoy very successful careers afterwards. Let's meet these new students now, and welcome them to the Department!

New PhD Students:



Meghan Zimmer, MPH
(“Meg”, she/her)

Meg is a first year PhD student in Population Health Sciences in the Department of Nutrition, Public Health Nutrition Area of Specialization. Meg comes to Boston from Washington, DC after 2.5 years working at the intersection of public health and public service. First at the U.S. Department of Agriculture and later at the Department of Health and Human Services, Meg worked on projects related to federal child nutrition programs. In future work, Meg is interested in studying how policy-systems-environmental changes in federal public benefit programs can improve young children's diet quality. Her advisor is **Dr. Erica Kenney**.



Alan Espinosa

Alan is a Ph.D. student in Nutritional Epidemiology working with US and Latin American data. He completed a Master of Sciences in Epidemiology at the Harvard T.H. Chan School of Public Health and a Bachelor of Sciences in Nutrition at Universidad Marista de Merida (Mexico) with a minor in Statistics. His primary research interests are assessing the role of artificial sweeteners in metabolic outcomes and evaluating dietary patterns (predominantly plant-based) in human and environmental health. Alan also enjoys conducting systematic reviews and meta-analyses.



Nour Hammad

Nour is a Palestinian from Lebanon. She is a Registered Dietitian and has received a BS in Nutrition and Dietetics at the American University of Beirut. She just graduated from Duke University, where she received an MSc in Global Health. She has joined this PhD program so she can develop sustainable interventions that would help make a change in the nutrition field at the population level, given that there are forces larger than the individual. She likes traveling, watching movies and taking long walks. She's excited to be here and cannot wait to start this journey!



Cami Christopher

I am excited to begin the PHS PhD program in Nutritional Epidemiology and join this fantastic department! My research interests include exploring how nutrition patterns and physical activity can be used in the levels of prevention of cancer and co-morbid conditions. I chose this program due to the ability to investigate the biological mechanisms of these relationships, gain training in epidemiologic research methods, and form interdisciplinary collaborations.

I recently graduated with my MPH from Boston University. Over the past two years I have also worked at Dana-Farber Cancer Institute in exercise and lifestyle behavior clinical trials for cancer patients and survivors. In my free time, I love to run, spend time in nature, bake, and explore local cafes.

New MPH-65 Students:



Ally Zhang

Hello! My name is Ally Zhang, an incoming MPH 65 Nutrition student this Fall. I am a Canadian and American board-certified Registered Dietitian. My work in the past 2.5 years as a Full-time Public Health Dietitian in Canada focused on planning and operating nutrition programs to promote the health of the 0- to 18-year-old population. This ranged from planning student nutrition programs, to conducting focus groups, to advocating for bills that mandate food literacy in school curriculum. This past year, I helped out at a long-term care center during the height of the pandemic as a part-time clinical dietitian. Outside of dietetics, I have been working on two start-up projects in my spare time. One is related to promoting [mental health \(through gratitude journaling\)](#) and the other is a [map that tracks racism, and promotes allyship and awareness](#).

Through the MPH program at Harvard, I aim to improve my public health competencies and expand my skillset to progress to more large-scale and upstream work. I am motivated to empower more people through my work and I'm passionate about developing innovative nutrition interventions to make the healthy choice the easy choice. Some of my interests include policy work, program planning, behavioral science, implementation science, building healthy environments, innovation and entrepreneurship. I am very grateful and excited for the opportunity to learn from all the wonderful and amazing faculty, students and staff at Harvard Chan this Fall!



Palak Madan

My name is Palak Madan, and I am both humbled and thrilled to be joining the MPH 65 Nutrition Program!

The Effective Altruism movement, which I joined as an undergraduate student in computer science, became my inspiration to pursue public and population health work at some of the world's most effective charities. After graduation, I managed a 10-person team launching a successful Type-2 diabetes reversal program, and then I joined a non-profit that fortified wheat flour. Most recently, I founded my own non-profit organization, WatOR, to supply iron-fortified water across India. Eliminating anemia is my life's purpose. To date, I have educated myself in public health entirely on my own, at work, and in the field.

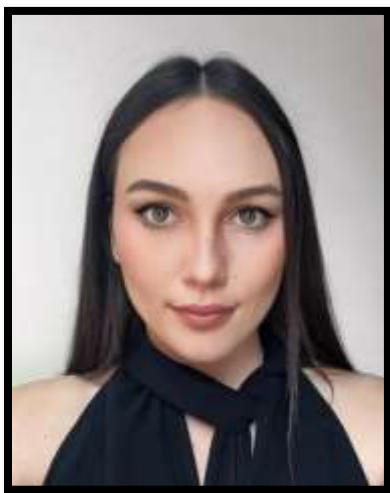
To truly address anemia and make the biggest impact in serving others, I now need the colleagues, mentors, research opportunities, and depth of knowledge I can find only at Harvard. I chose this program because it supports the notion that Population Health Sciences is an interdisciplinary and interconnected discipline that requires input from multiple fields. I am interested in exploring how environmental, economic, social, and genetic influences affect the prevalence and burden of anemia in a community. Starting my own non-profit has prepared me for many aspects of global public health, from fundraising and product development to team building and field implementation. At the same time, as a female scientist, entrepreneur, and non-profit executive from the Global South, I believe I can enrich the diversity and perspective of this cohort.

I am hoping to have a strong positive impact on the world and meet some amazing people at Harvard Chan to do that with!



Brunhilda Nkengfack

I am Brunhilda Tegomoh, a Physician from Cameroon where I have spent the last four years in clinical practice. My interests span through nutritional epidemiology, cancer prevention through diet and lifestyle changes, infant and maternal malnutrition, eradication of poverty and hunger and the ongoing epidemiologic transition in Sub-Saharan Africa. I chose to do an MPH in Nutrition at the T.H. Chan School of Public Health after I read the most intriguing research publications in cancer and nutrition from seasoned researchers in this department. I hope to carry out extensive research on diet and cancer prevention in Sub-Saharan Africa, particularly in Cameroon. I enjoy travelling, trying new restaurants, cooking (particularly for homeless people or those who cannot afford to get food) and watching movies.



Elizabeth Gunner

As an expert in the health and wellness space, Elizabeth is obsessed with providing authentic advice that empowers people to lead healthier lives. Previously to arriving at Harvard T.H. Chan, Elizabeth focused on dismantling health confusion via television health communications and working as an outpatient and clinical Registered Dietitian. As such, she is fascinated with the interconnection between human health and the mind, body, and planet. Specifically, her interests currently lie in utilizing the creative arts to improve public health outcomes and innovating solutions to help tackle food insecurity. Ultimately, she is on a mission to help dismantle the many barriers that contribute to poor health outcomes.

Marissa Huggins

My name is Marissa Huggins and I am currently a first-year student in the Master of Public Health program, with a focus on nutrition. I graduated from Vanderbilt University with honors in Molecular and Cellular Biology in 2020. During my time at Vanderbilt, I focused heavily on scientific research relating to maternal-fetal health; I conducted and published research examining UTI biofilm development, and my honor's thesis research explored the impact of metabolic stress on the formation of the syncytiotrophoblast layer of the placenta. Outside of the classroom and laboratory, I engaged with and led student organizations addressing hunger and homelessness, domestic violence, and nutrition education for elementary students. After graduation, I served as a healthcare consultant/client-relationship specialist for

Experian Health where I worked with physicians and hospital administration to implement Experian Health software and streamline patient self-scheduling workflow design.

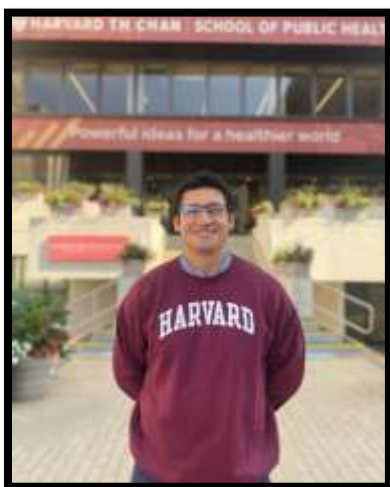
I am very excited to now be part of the nutrition program at Harvard T.H.Chan School of Public Health! I chose to pursue Harvard's program because of the incredible professors and the ability to focus on nutrition while pursuing my MPH. I hope to further focus on maternal-fetal health and examine the role of nutrition on chronic disease while at Harvard. Post-graduation, I hope to work with an international health organization for several years before pursuing an MD or MD/PhD.

Momi Afelin

My name is Momi Afelin and I'm excited to be starting the MPH-65 Nutrition program! I'm from Hawai'i and completed my undergraduate studies at Wesleyan University where I majored in Neuroscience and Behavior. After graduating, I received a Watson Fellowship and spent a year investigating how island communities in the Pacific engage in social entrepreneurship and social innovation to address issues that lie at the intersection of social and environmental concerns. Upon returning home, I applied what I'd learned by working for local nonprofits where I specialized in increasing community engagement in environmental management, climate change resiliency, and traditional food systems. In addition, I also volunteered at a local family health clinic where most adult patients were being treated for nutrition-related NCDs. As a result, I became curious about how climate change will impact our food systems and how different communities are responding to such change. At Harvard, I'm looking forward to participating in research related to how environmental change can impact nutrition.

Mackenzie Mayo

My name is Mackenzie Mayo and I am so excited to be joining the Nutrition Department in the MPH-65 program. After graduating in 2018 from Tulane University in International Development, I pursued a career in global health, working at the World Food Programme in Myanmar and later received a Princeton in Africa fellowship to work at a maternity care hospital in Tanzania. My experiences at the intersection of humanitarian aid, food security, and maternal health led me to FHI360's Alive & Thrive program. My work there focused on global maternal and infant nutrition policy in West Africa and Southeast Asia. I'm thrilled to have the opportunity learn from professors who are experts in their respective fields, as well as from a cohort with such diverse and interesting experiences. While at Harvard, I hope to expand my knowledge on food security and nutrition policy, and translate my skills to create a healthy, sustainable, and equitable global food system. In my free time, I enjoy cooking, hiking, and sewing my own clothes!



Yhon Salvatierra

My name is Yhon Salvatierra, and I am originally from Cusco, Peru. I am excited to join the MPH in nutrition concentration. I graduated from Elmira College in 2019, and I worked as an emergency medical technician (EMT) in the Southern tier of New York. This experience brought to my attention the different struggles that patients experience in rural areas and how little nutrition information is available. The past two summers I also volunteered in a clinic back in Cusco where I witnessed the spread of misinformation about vaccines and nutrition.

At Harvard I am interested in involving myself with research on nutrition and its impact in the non-communicative diseases as well as the studies of food composition. I am beyond honored to be part of the Harvard School of Public Health and I am looking forward to connecting with each of you.



Meghan Harshaw

My name is Meghan Harshaw and I am grateful to be part of this impressive Nutrition cohort. I graduated from Northwestern University with my degree in Global Health Studies and Legal Studies. While living in Chicago for the past 7 years, I've been engaged with various levels of the food and health system, from policy to practice, including positions at the Greater Chicago Food Depository, the City of Evanston Nutrition Department, Feeding America, and most recently, Blue Cross and Blue Shield Association. I attribute my choice to study at Harvard Chan to the incredible research areas of the Nutrition faculty, the opportunity for field experience, and the proximity to Harvard's law and policy classes. After graduation, I hope to work in child nutrition policy across both public and private settings. Outside of academia, I enjoy

cooking, sewing, and watching.



Muriel Samuels

Hello! My name is Muriel Samuels. I hope to support populations where making the healthy choice becomes the easiest, most attractive and default option, where health-span increasing activities are programmed into the built environment. My key work and interests are in Nutrition Strategy, Public Health Entrepreneurship, and Health Communication, Behavior and Practical Application through Media & Art. I chose Chan primarily because of the rigor of the program plus the core curriculum aligned with skills I needed while offering flexibility to experiment and explore my other interests. In the brief time since the semester started, I've already learned so much from students, staff and faculty, many just as intensely passionate about their areas of focus. My hobbies include steam rooms & saunas,

gardening, dancing, family/friends time, hiking in lush greenery and creating decadent, health-supportive meals and desserts.

NEWS IN THE DEPARTMENT

HONORS AND AWARDS

The 19th Annual Elaine Monsen Award for Outstanding Research Literature has been awarded to **Teresa T. Fung, ScD**. The Monsen Award recognizes a body of research that encompasses a major component of the recipient's professional efforts. The world, and the research is published in a recognized, peer-reviewed, scientific journal of quality, including the Journal of the Academy of Nutrition and Dietetics. The award winner must be a member of the Academy of Nutrition and Dietetics. This award honors Elaine Monsen, PhD in appreciation of her exceptional contribution to research literature in nutrition and dietetics throughout her 20 years as editor-in-chief of the Journal of the American Dietetic Association.

GRANTS

Dr Shilpa Bhupathiraju, Assistant Professor in the Department of Nutrition, was awarded a new R01 funded grant titled "*Biomarkers of Dietary Flavonoid Intake, Carbonyl Stress, and Metabolic Risk*" from the NIDDK. She and **Dr. Shengmin Sang**, Distinguished Professor of Functional Foods and Human Health at North Carolina A&T State University are multiple PIs of the grant. **Dr. Frank Hu**, Professor and Chair, Department of Nutrition, is a co-investigator.

Drs Deirdre Tobias, Xuehong Zhang, and **Edward Giovannucci** have been awarded a U01 from the NCI to participate in a transdisciplinary research program for obesity and cancer risk. Their grant (PI: Deirdre Tobias) is titled *Decoding Mechanisms Underlying Metabolic Dysregulation in Obesity and Digestive Cancer Risk*. The overall purpose of the trans-NCI Metabolic Dysregulation and Cancer Risk Program is to enhance knowledge of the dynamics and underlying mechanisms that link obesity, metabolic dysregulation, and increased cancer risk in individuals and identify mechanisms that will enhance cancer risk prediction, screening for high-risk individuals in clinical settings, and potential targets for preventive and therapeutic interventions.

PUBLICATIONS

Dr Erica Kenney, Assistant Professor of Public Health Nutrition, and colleagues have recently published the following papers:

Kenney EL, Walkinshaw LP, Shen Y, Fleischhacker SE, Jones-Smith J, Bleich SN, Krieger JW. Costs, Reach, and Benefits of COVID-19 Pandemic Electronic Benefit Transfer and Grab-and-Go School Meals for Ensuring Youths' Access to Food During School Closures. *JAMA Netw Open*. 2022 Aug 1;5(8):e2229514.

<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2795795>

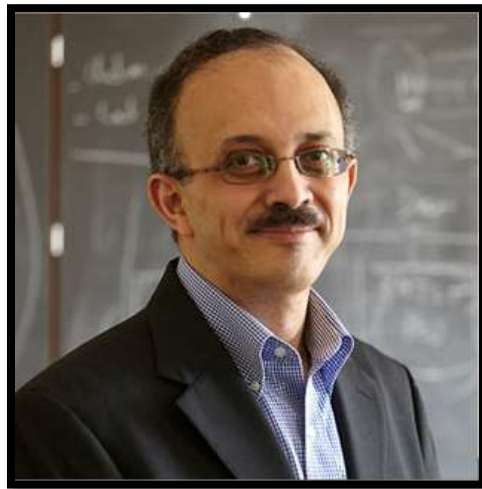
Kenney EL, Soto MJ, Fubini M, Carleton A, Lee M, Bleich SN. Simplification of Supplemental Nutrition Assistance Program Recertification Processes and Association With Uninterrupted Access to Benefits Among Participants With Young Children. *JAMA Netw Open*. 2022 Sep 1;5(9):e2230150.

<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2795966>

Dr Frank Qian, Clinical Fellow in Medicine, and colleagues recently had the following paper published. In this paper, the researchers found that in women with a history of gestational diabetes, achieving optimal levels of 5 modifiable risk factors was associated with a 90% lower risk of progression to type 2 diabetes.

Yang J, Qian F, Chavarro J E, Ley S H, Tobias D K, Yeung E et al. Modifiable risk factors and long term risk of type 2 diabetes among individuals with a history of gestational diabetes mellitus: prospective cohort study *BMJ* 2022; 378 :e070312 doi:10.1136/bmj-2022-070312 (URL here: <https://www.bmj.com/content/378/bmj-2022-070312>).

Dr Wafaie Fawzi Receives 2022 Harvard Chan School Alumni Award



The Harvard T.H. Chan School of Public Health Alumni Association recently announced the recipients of the 2022 Alumni Awards, who were chosen by their peers through a nomination and voting process. The awards were presented during this year's Alumni Weekend which took place September 22-24.

ALUMNI AWARD OF MERIT

Established in 1992, the Alumni Award of Merit is the highest honor presented by the Alumni Association to an alumna/us of Harvard Chan School.

Wafaie Fawzi, MPH '89, SM '91, DPH '92

[Wafaie Fawzi](#) is a physician and epidemiologist known for his work on interventions that enhance [maternal](#) and [child health](#) and development. At Harvard Chan School, he is the Richard Saltonstall Professor of Population Sciences, professor of nutrition, epidemiology, and global health, and former chair of the [Department of Global Health and Population](#). Over the past 25 years, Fawzi has led more than 30 randomized controlled trials with an emphasis on nutritional factors. He has also studied the broader epidemiology of global health challenges, with a focus on developing countries in Africa and Asia. Fawzi founded the [Africa Academy for Public Health](#), and served as interim director of [Harvard's Center for African Studies](#) during the pandemic.

To read more: <https://www.hsph.harvard.edu/news/features/2022-harvard-chan-school-alumni-awards/>

UPDATES FROM THE DEPARTMENT'S DIB COMMITTEE

By Bristian Justice

Recently the Nutrition DIB committee was invited to/attended the EDIB School-wide planning institute (in person) where all department DIB committees were able to come together and collaborate on topics such as engagement, resource sorting, along with action plan item management. It was a great experience, and we want to give thanks to the Office of Diversity and Inclusion for coordinating/hosting the event. The NUT-DIB committee is currently meeting within the sub-committees along with providing progress updates to the ODI office. We are looking forward to sharing new updates as they come. Hope everyone enjoys the fall weather.



In celebration of **National Postdoc Appreciation Week**, the Department of hosted a breakfast in Room 317 on Friday, September 23 from 9:00 am to 10:30 am for postdocs and faculty. Light refreshments were served.



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, planetary nutrition, public health nutrition, and global public health. These seminars are held from **1:00-1:50 pm** and are free and open to the public. Because of COVID-19, most of the seminars have been presented via Zoom since March of 2020. Beginning this fall, our seminars will be in more of a hybrid mix, with some in-person and others still virtual. The in-person seminars will also be on Zoom for those unable to attend. During the fall semester, live seminars will be held in FXB G-13. Live spring semesters will be in Kresge 502, as they were in past years. A zoom link for viewing will be available one week prior to each seminar.

Our October speakers will be:

- Oct 3** **Dr Christina Warinner**, Associate Professor of Anthropology; Sally Starling Seaver Associate Professor at the Radcliffe Institute, Harvard University – “A Tale of Two Sugars: The Epic Human Story of Amylose and Lactose” – NGHP - **in person/hybrid**
- Oct 10** **INDIGENOUS PEOPLES DAY**
- Oct 17** **Dr Francesco Branco**, Director, Department of Nutrition for Health and Development, WHO – TBD – World Food Day - **Zoom**
- Oct 24** **Dr Rob van Dam**, Adjunct Professor of Nutrition, HSPH; Professor, NUS Saw Swee Hock School of Public Health, National University of Singapore – TBD – **in person/hybrid**
- Oct 31** **Dr Sara Farley**, Vice President | Food Initiative, Rockefeller Foundation – TBD - **Zoom**

RESEARCH NEWS FROM THE DEPARTMENT

Professor Chris Duggan Suggests Recommendations to Prevent Recurrences of Infant Formula Shortages

In early 2022 an acute shortage of infant formulas in the United States occurred, which exacerbated a longer-standing, less severe shortage that has occurred over the last several years. Particularly problematic is that the shortage has been for specialized formulas such as those needed for infants and children with food allergies, intestinal failure, kidney disease, and metabolic disorders. Although this problem will abate over time, it has affected many children and caused tremendous distress for thousands of families.

In a recent Editors Choice commentary for the *The American Journal of Clinical Nutrition*, Drs Christopher P Duggan and Steven A Abrams propose a series of interventions to be undertaken as soon as feasible to help ensure that the conditions that led to this problem do not recur and that families regain confidence in the safety and supply reliability of formulas for infants and young children, regardless of their medical needs.

Duggan and Abrams suggest the following approaches to prevent formula shortages in the future:

- Increase public understanding of shortages through the completion and release of all investigative documents about the recall and public hearings to communicate those findings.

- Decrease risk of future similar events through establishment of specific rules by FDA and USDA such that formulas identified as critical for specialized use are produced at multiple sites by multiple companies.
- Establish a national plan related to assessment of formula needs and response to shortages, including those caused by natural disasters or recalls, especially in rural communities and for specialized and medical formulas.
- Create database of similar formula types so families can easily identify similar products if their usual formula is out of stock.
- Change WIC rules to increase flexibility for families in purchasing.
- Create more support in workplaces for breastfeeding families.
- Establish a national policy allowing donor milk reimbursement for families, especially when medically indicated or when specialized formulas are in short supply.

Adapted from: <https://academic.oup.com/ajcn/article/116/2/289/6587046>

Abrams SA, Duggan CP. Infant and child formula shortages: now is the time to prevent recurrences
The American Journal of Clinical Nutrition, Volume 116, Issue 2, August 2022, Pages 289–292,
<https://doi.org/10.1093/ajcn/nqac149>

The five bold actions needed from the White House food summit



The White House held its long-overdue [Conference on Hunger, Nutrition, and Health this week, the first in over 50 years](#). [The Biden Administration](#) must seize this opportunity to develop food policies that will improve health at every level, from the personal to the planetary. Smart federal policies can help shape how our diets and activity patterns are heavily influenced by economics, access and marketing for the better.

Even before the pandemic and recent inflation, more than 38 million Americans lacked consistent access to healthy nourishment, and obesity rates have soared, with two-thirds of adults now overweight or obese. US life spans are now shorter than in other countries with advanced economics.

This has created a domino effect, with costs rippling throughout our health care system, labor market, economy and national security (only 2 in 5 young adults are now weight-eligible to serve in US military). This has also exacerbated greater inequity for underserved communities as many have little access to fruits and vegetables and other healthier foods. These communities are thus more susceptible to major chronic diseases.

Finally, there's the planetary impact. The foods we grow, process and consume have major impacts on climate change, antibiotic resistance and susceptibility to pandemics. Food policies can quite literally shape the future of humankind — and right now, they're harming it.

In a recent Op Ed article for *The Hill*, **Drs Frank Hu, Walter Willett, and Lilian Cheung** of the Harvard Chan Nutrition Department offered five major policy goals to address this:

- **Make nutritious foods accessible to all.**
- **Protect children from harmful food marketing.**
- **Strengthen food labeling.**
- **Commit to a sustainable food system.**
- **Improve infrastructure to support active living.**

Five decades later, we need more bold action. Americans deserve food and nutrition policies that make it easier for us all to live full and healthy lives. America's well-being depends on it.

Frank Hu, the chair of the Department of Nutrition at the Harvard T.H. Chan School of Public Health, co-chaired a committee analyzing the impact of the 1969 White House Conference on Food, Nutrition and Health. Walter Willett is a professor of epidemiology and nutrition, and Lilian Cheung is director of health promotion and communication in the Department of Nutrition at the Harvard Chan School.

From: TheHill.com 09/27/22 10:16 AM ET <https://thehill.com/opinion/white-house/3655924-the-five-bold-actions-we-need-from-the-white-house-food-summit/>

Updated warnings on alcohol containers now called for by experts



Considerable evidence links alcohol to increased risk of cancers and a wide range of other diseases. **Dr Anna Grummon**, Research Scientist, and **Marissa Hall** of the University of North Carolina-Chapel Hill argue in a perspective piece in the *New England Journal of Medicine* that warning labels on alcohol containers should be redesigned to better spell out alcohol's potential harms.

Grummon and Hall noted that current alcohol labels only mention risks related to pregnancy and operating machinery, and only vaguely mention that alcohol "may cause health problems." The co-authors pointed out that the U.S. public is mostly unaware of most of the serious health risks associated with drinking alcohol, and said that the language on the current labels is "so understated that it borders on being misleading."

"Americans deserve the opportunity to make well-informed decisions about their alcohol consumption," wrote Grummon and Hall in NEJM. "Designing and adopting new alcohol warning labels should therefore be a research and policy priority."

From: [https://www.hsph.harvard.edu/news/hsph-in-the-news/experts-call-for-updated-warnings-on-alcohol-containers/?utm_source=SilverpopMailing&utm_medium=email&utm_campaign=Daily%20Gazette%2020220919%20\(1\)](https://www.hsph.harvard.edu/news/hsph-in-the-news/experts-call-for-updated-warnings-on-alcohol-containers/?utm_source=SilverpopMailing&utm_medium=email&utm_campaign=Daily%20Gazette%2020220919%20(1))

Read the WebMD article: <https://www.webmd.com/mental-health/addiction/news/20220901/alcohol-warning-labels-need-an-update-researchers-say>

Adding a drizzle of olive oil to your diet contains many benefits



(fcafotodigital/E+ via Getty Images)

In a recent study researchers reported in the [Journal of the American College of Cardiology](#) that people who ate more than half a tablespoon of olive oil per day had lower rates of premature death from cardiovascular disease, Alzheimer's disease and other causes compared to people who never or rarely consumed olive oil.

According to **Dr. Frank Hu**, the study's senior author and a professor of nutrition and epidemiology at Harvard T.H. Chan School of Public Health "Olive oil is the hallmark of the Mediterranean diet, and its link to lower mortality is well established in southern European countries. But this is the first long-term study to show such a health benefit here in the U.S." Among all edible plant oils, olive oil has the highest percentage of monounsaturated fat, which lowers "bad" LDL cholesterol and increases "good" HDL. It's been shown to lower blood pressure and contains plant-based compounds that offer anti-inflammatory and antioxidant properties known to reduce the disease process, including heart disease.

Several grades of olive oil, from regular to extra virgin olive oil – commonly known as EVOO. are found on store shelves in the U.S. EVOO is the staple fat source for the Mediterranean diet, considered one of the healthiest dietary patterns; this diet is emphasized by the American Heart Association for preventing cardiovascular disease.

Hu's recent study did not differentiate between grades of olive oil, but he said European studies have shown better health results with EVOO which has a higher amount of plant compounds and antioxidants than other edible oils. He further states that future research may compare the different grades of olive oils for beneficial effects.

Hu further states that "Olive oil is a much healthier replacement for dietary fats, especially animal fats". He notes that when cooking, olive oil can be a healthy substitute for butter, margarine and other types of fat. In his study, for example, replacing unhealthy fats with olive oil was associated with a lower risk of dying. Furthermore, other liquid vegetable oils make good substitutes as well. Strong evidence demonstrates the heart-healthy benefits of soybean, canola, corn, safflower, sunflower and other plant oils.

Guasch-Ferré M, Li Y, Willett WC, Sun Q, Sampson L, Salas-Salvadó J, Martínez-González MA, Stampfer MJ, Hu FB. Consumption of Olive Oil and Risk of Total and Cause-Specific Mortality Among U.S. Adults. J Am Coll Cardiol. 2022 Jan 18;79(2):101-112. doi: 10.1016/j.jacc.2021.10.041. PMID: 35027106; PMCID: PMC8851878.

From: <https://www.heart.org/en/news/2022/09/28/the-benefits-of-adding-a-drizzle-of-olive-oil-to-your-diet>

NUTRITION SOURCE UPDATES

Packing a healthy lunchbox

During hectic school-year schedules, here are some tips to make sure healthy packed meals aren't an afterthought.

<https://www.hsph.harvard.edu/nutritionsource/kids-healthy-lunchbox-guide/>

Food Feature: Apples

Does eating an apple every day really keep the doctor away? Learn about apples and health, and the best types for cooking versus munching. <https://www.hsph.harvard.edu/nutritionsource/food-features/apples/>

Pinggan Makan Sihat

The Healthy Eating Plate, now translated into Malay.

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

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

SAVE THE DATE!

We are pleased to announce that the Department of Nutrition at the Harvard TH Chan School of Public Health will hold its 17th Annual Stare-Hegsted Lecture on Monday, November 14, 2022, from 4:00-5:15 pm in FXB G-11. Dr Alice H Lichtenstein, Tufts University, is this year's speaker, and she will discuss the *"Intersection of Nutrition Science and Policy - Promoting Accurate Communication"*. Reception to follow.

This will be a hybrid lecture. More details to follow.



Dr Alice H. Lichtenstein, DSc, Gershoff Professor of Nutrition Science and Policy, Tufts University, will be this year's speaker. She is a senior scientist and director of the [Cardiovascular Nutrition Laboratory at the HNRCA](#), as well as a Stanley N. Gershoff Professor of Nutrition Science and Policy at the Friedman School.

Dr Lichtenstein's general research focus is on assessing the interplay between diet and heart disease risk factors, specifically addressing issues related to trans fatty acids, soy protein and isoflavones, sterol/stanol esters, novel vegetable oils differing in fatty acid profile and glycemic index, in postmenopausal females and older males. Selected issues are investigated in animal models and cell systems with the aim of determining the mechanisms by which dietary factors alter cardiovascular disease risk. Additional work is focused on population basis studies to assess the relationship between cholesterol homeostasis biomarkers and nutrient biomarkers, and cardiovascular disease risk; and on the application of systematic review methods to the field of nutrition.

Dr Lichtenstein also serves as the executive editor of the [Tufts University Health & Nutrition Letter](#)

MARK YOUR CALENDARS NOW!

Student discount code = TKstud22

Faculty/Research Scientist/Staff 10% off discount code = TKRC22

Registration site: <https://tkresearchconference.org/registration/>

Registration site: <https://tkresearchconference.org/registration/>



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populations & venues; the business case for teaching kitchens; and the life-long impact these programs can make!

Hosted by
HARVARD T.H. CHAN SCHOOL OF PUBLIC HEALTH
Department of Nutrition

In association with
TEACHING KITCHEN COLLABORATIVE

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*In the event that local mask policies, state health orders, governing institutions or CDC guidance restricts the opportunity for an in-person gathering in October 2022, the conference will be conducted virtually and all in-person tickets will be converted to the standard virtual programming, and the difference will be refunded accordingly.

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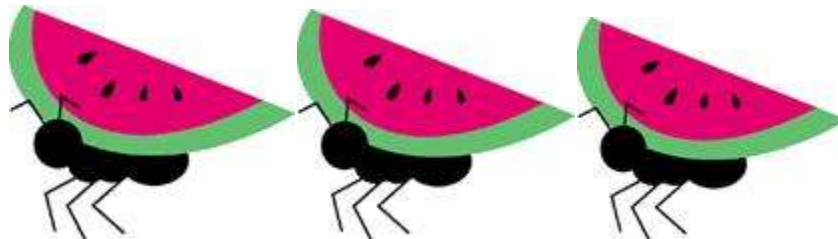
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in

The Nutrition Department Picnic will be on
October 16, 2022 from **11 am** to **2 pm**
at the **Larz Anderson Park in Brookline at the BBQ Shelter.**
(same venue as past years)

Food and drinks will be served.

PLEASE RSVP
by completing this [form](#)!



Transportation to the Larz Anderson Park:

Please note parking is extremely limited. Side street parking can be an option (Avon Street, etc.). Carpooling is advised. It is best to bike/walk or take an Uber/taxi to the park. There is not a form of public transportation that will bring you directly to the area near the park.

Location:

Larz Anderson Park - Newton St. and Goddard Ave. (across from 225 Goddard Ave. in Brookline, MA)

Directions:

Directions can be accessed via the link under the map image at:

<http://www.brooklinema.gov/Facilities/Facility/Details/Larz-Anderson-Park-87>