

NUTRI NEWS

The Department of Nutrition

March 2023

To subscribe to NutriNews, please contact Hilary Farmer, Editor: hfarmer@hsph.harvard.edu

The King and Queen of Spain Present Highest National Award to Professor Miguel Ángel Martínez-González

The King and Queen of Spain presented the National Award for Research in Medicine to **Professor Miguel Ángel Martínez-González**, Professor of Preventive Medicine and Public Health at the University of Navarra, and Adjunct Professor of Nutrition at Harvard T H Chan School of Public Health. He received the **Gregorio Marañón National Research Award in Medicine** at the ceremony. According to the Ministry of Science and Innovation, the professor has received this award for his unique contributions to nutrition and preventive medicine and. During the ceremony, held at Casa Mediterráneo, an historic building in Alicante, the King highlighted the value chain provided by scientific activity: "Awards like these should continue to inspire your work, making it better every day, demonstrating the great research potential of our country and that your dedication to science and the support you receive serve the common good".

Dr. Ángel Martínez-González dedicated himself to epidemiological research for three decades, especially in the field of nutrition, lifestyles and cardiometabolic diseases, where he has more than 1,000 indexed publications. Professor of Public Health at the University of Navarra since 2005, and Adjunct Professor of Nutrition at Harvard T.H. Chan School of Public Health since 2016, he leads the CIBEROBN research group of the Instituto de Salud Carlos III and has designed and directed, as PI of clinical trials and cohorts such as the SUN and PREDIMED projects. Since 2013, he has been actively involved, as co-PI, together with **Dr Frank B Hu**, in several NIH-funded grants on cardiovascular disease or type 2 diabetes assessing metabolomics in the context of the Mediterranean diet interventions conducted in the PREDIMED trial. Dr. Ángel Martínez-González was chosen by the Department of Nutrition, Harvard Chan School to give the next Stare-Hegsted lecture in the fall, 2023.





Professor Alberto Ascherio among STAT's Picks for Top Leaders in Life Sciences



Dr Albert Ascherio, Professor of Epidemiology and Nutrition, is among 46 individuals in life sciences named to the 2023 STATUS List—a group of leaders in public health, medicine, biotechnology, and more, recognized by STAT for their contributions to their fields and their dedication to helping others.

Ascherio, was recognized for his landmark research that found a strong connection between the Epstein-Barr virus and multiple sclerosis (MS). In a 2022 paper on the topic, he catalyzed additional research and investment in MS and in Epstein-Barr vaccine development, as well as research into how viruses can lead to chronic diseases.

In an interview with STAT, Ascherio spoke about the paper, the challenges and rewards of being a researcher, and his next professional endeavor: making progress on amyotrophic lateral sclerosis (ALS).

Ascherio states that "[It's] such a dramatic disease. It's less common, to some extent, than MS. But the disease course is a relatively rapid progressive disease. The median survival is only about three years. We are working on ALS, and we have some good preliminary results and some clues. That is my dream."

Bjornevik K, Cortese M, Healy BC, et al. Longitudinal analysis reveals high prevalence of Epstein-Barr virus associated with multiple sclerosis. *Science* 2022; **375**(6578): 296-301.

From: https://www.hsph.harvard.edu/news/hsph-in-the-news/alberto-ascherio-marc-lipsitch-among-stats-picks-for-top-leaders-in-life-sciences/

To read more about Ascherio in STAT's STATUS List: https://www.statnews.com/status-list/2023/alberto-ascherio/

To read STAT's interview with Ascherio: https://www.statnews.com/2023/03/16/alberto-ascherio-multiple-sclerosis-als/

Dr Edward Giovannucci, Professor of Nutrition and Epidemiology, has received the American Cancer Society Clinical Research Professor Award



Dr Edward Giovannucci, Professor of Nutrition and Epidemiology, has received the American Cancer Society Clinical Research Professor Award. The American Cancer Society (ACS) Research Professor and Clinical Research Professor Awards are the most prestigious research grants made by the ACS national program. The grant provides funding for 5 years and may be renewed once. The title can be used throughout the remainder of the scientist's career. The title of Dr Giovannucci's project upon which this Award is based is: "An integrative approach for understanding the role of diet, physical activity, body weight and cancer".

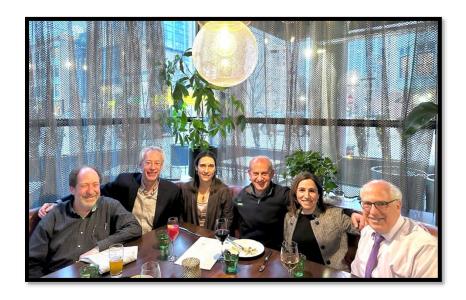
Researchers are selected for ACS professorships based on their history of pioneering, influential work that's continuing to change the direction of cancer research and on their track record of mentoring people who have become successful in cancer research.

Awarded ACS Research Professors are expected to have leadership roles in the cancer research community, including being spokespeople for the American Cancer Society.

Summit on Nutrition Education in Medicine Held in Chicago



A first of its kind Summit on Nutrition Education in Medicine was held in Chicago March 12-14 convened by the Accreditation Council for Graduate Medical Education, the Association of American Medical Colleges and others for the purpose of exploring ways to strengthen nutrition education in medical training, as well as at the undergraduate, graduate and continuing medical education levels. Invited attendees at the Summit from Harvard included *Drs Emily Broad-Leib, Stephen Devries, Chris Duggan, David Eisenberg, Beth Frates*, and *Marie-France Hivert*.



The meeting arose at the request of *US Representative James McGovern* working together with the Nutrition Education Working Group, a group of faculty from HSPH, HMS, Harvard Law School's Food Law and Policy Clinic, and the nonprofit Gaples Institute who have met regularly at HSPH to advocate for meaningful nutrition education in all levels of medical training.

The AAMC, ACGME and AACOM are seeking your input to help them develop a common set of foundational competencies in undergraduate medical education. The information you provide will be used to inform the recommendations of the working group. Your information may also be used to inform other research activities. They intend to publish their findings and present at academic conferences. All health care industry professionals are invited to provide input. Participating in this activity is voluntary. All information collected through this form is anonymous. The information you provide will be shared between the three organizations noted above. They may release de-identified responses to individuals who agree to protect it and who agree to the AAMC, ACGME & AACOM confidentiality policies. This activity has been reviewed according to AAMC policies and procedures. If you have any questions about this form, please contact the project team at cbme@aamc.org. People interested in joining their efforts are encouraged to respond to an open request for comments found here: https://cloud.email.aamc.org/UME_competencies_input

NEWS IN THE DEPARTMENT

HONORS AND AWARDS

Zhila Semnani-Azad, PhD, Postdoctoral Research Fellow, was awarded the Scott Grundy Fellowship Award for Excellence in Metabolism Research at the AHA Epi-Lifestyle 2023 conference in recognition for her work in using metabolomic data to identify network metabolites associated with childhood adiposity. She is currently a postdoctoral fellow in **Dr Frank Hu's** group with a primary research interest on the role of obesity and associated lifestyle factors and its impact on cardiometabolic health, with a particular interest in incorporating *omic* techniques with traditional epidemiological methods to gain mechanistic insight on such disease outcomes.



Dr Semnani-Azad is in middle

PUBLICATIONS

While a Research Scientist in the Department of Nutrition, *Dr Anne Lusk* published the following article:

Lusk, A.C.; Li, X.; Liu, Q. If the Government Pays for Full Home-Charger Installation, Would Affordable-Housing and Middle-Income Residents Buy Electric Vehicles? Sustainability **2023**, 15, 4436. https://doi.org/10.3390/su15054436

Matthias Henn, Visiting Graduate Student, and colleagues have published a paper confirming that an increase in coffee consumption favors a beneficial body fat composition.

Henn M, Babio N, Romaguera D, et al. Increase from low to moderate, but not high, caffeinated coffee consumption is associated with favorable changes in body fat. Clin Nutr 2023;**42**(4):477-85 doi: 10.1016/j.clnu.2023.02.004[published Online First: Epub Date]].

https://www.sciencedirect.com/science/article/pii/S026156142300033X

Professor Miguel A. Martinez-Gonzalez, Adjunct Professor in the Department of Nutrition, is the senior author of the following paper:

Cristina Razquin, Miguel Ruiz-Canela, Andreas Wernitz, Estefania Toledo, Dolores Corella, Ángel Alonso-Gómez, Montse Fitó, Enrique Gómez-Gracia, Ramón Estruch, Miquel Fiol, José Lapetra, Lluis Serra-Majem, Emilio Ros, Fernando Arós, Jordi Salas-Salvadó, Matthias B Schulze, Miguel A Martinez-Gonzalez, Effects of Supplemented Mediterranean Diets on Plasma-Phospholipid Fatty Acid Profiles and Risk of Cardiovascular Disease after 1 Year of Intervention in the PREDIMED Trial, Clinical Chemistry, Volume 69, Issue 3, March 2023, Pages 283–294, https://doi.org/10.1093/clinchem/hvac221

"The PREDIMED trial proved that the Mediterranean diet was able to reduce the risk of CVD by 30%. However, the mechanisms underlying this effect remain to be clarified. This study showed that the fatty acid profile of the plasma phospholipid fraction significantly changed after one year of intervention with the Mediterranean diet, either supplemented with EVOO or nuts. Especially important was the 1-y increase in linoleic acid, which was associated with a lower subsequent risk of CVD." said the first author, *Cristina Razquin*, who has been working on collaborative projects with *Dr Frank Hu* since 2014.

The researchers, including several Harvard-trained professors (*Matthias Schulze, Estefania Toledo* and *Miguel Ruiz-Canela*), found that both Mediterranean diet interventions significantly changed the content of several n6 FAs and palmitoleic acid, while other changes were specific to each Mediterranean diet

group. Mediterranean diet + EVOO significantly increased C17:0 (margaric acid) and C20:3n9 (eicosatrienoic acid), and MedDiet + nuts significantly increased C18:3n3 (ALA), C18:2n6 (LA), C18:0 (stearic acid), and C22:0 (behenic acid) FAs.

PRESENTATIONS

Dr Josiemer Mattei, Donald and Sue Pritzker Associate Professor of Nutrition, presented a keynote lecture on "Translating and implementing heart health programs in real life" during the opening session of the American Heart Association EPI/Lifestyle 2023 Scientific Sessions. A summary can be watched here: https://professional.heart.org/en/meetings/epi-lifestyle/science-news-2023

Dr Mattei also presented on "Psychophysiological Research in Puerto Rico under the New Normal" for an invited symposium at the American Psychosomatic Society 2023 Scientific Meeting.

Kenny Mendoza, a PhD candidate in the Department of Nutrition, was a speaker during the David Kritchevsky Memorial Lecture and Oral Abstract Presentations on Nutrition at the EPI|Lifestyle Scientific Sessions 2023. He presented preliminary results of his research project on the association between total ultra-processed food intake (and sub-groups) with cardiovascular disease in the Nurses' Health Study and Nurses' Health Study II. An abstract titled "Ultra-Processed Food Consumption is Associated With Higher Coronary Heart Disease Risk in United States Women From Two Large Prospective Cohorts on these results was published in *Circulation* and can be found

here: https://www.ahajournals.org/doi/10.1161/circ.147.suppl 1.21

Dr Abrania Marrero, Postdoctoral Research Fellow, presented at the American Heart Association's (AHA) Epi | Lifestyle Conference on, "Neo-traditional diets are associated with lower odds of metabolic syndrome among adults in Puerto Rico" in Boston, Massachusetts. The work has been submitted for publication at *The Journal of Nutrition*.

Dr Marrero also presented on "Physiological stress response to disaster event recall after Hurricane Maria among smallholder farmers in Puerto Rico" at the American Psychosomatic Society's (APS) Annual Meeting a week later during the conference's Citation Poster session, hosted in San Juan, Puerto Rico.

DISSERTATION DEFENSES

Mary Kathryn Poole, doctoral student, will defend her dissertation titled "Assessing the implementation of US programs and policies for the prevention of food insecurity and obesity in school settings" on May 4th from 11:00-1:00 in the Kresge G-3. This will be a hybrid/zoom defense.

Xiao Gu, doctoral student, will defend his dissertation titled "Food/food group-based analyses and measurement errors in nutritional epidemiology", scheduled for April 21st at 1:00 pm in FXB G-11. This will be a hybrid/zoom defense.

https://harvard.zoom.us/j/95252687121?pwd=RnhqR05iem9rbTdYaC9laGE5eWV4UT09 (Password: Spring)

Please join us in congratulating our 24th Annual Nutrition Stars!



24th Celebration with the Stars

This celebration was a virtual recognition event to honor staff, faculty, and academic appointees who have reached a key milestone at Harvard in calendar year 2022.

Thursday, March 30, 2023

NEW FACULTY APPOINTMENTS

Aviva Musicus, ScD, has been appointed Adjunct Assistant Professor of Nutrition.

MORE NUTRITION NEWS

Can Olive Oil Help Your Heart?

Lately, olive oil has been touted as the cure-all to end all. Starbucks is mixing it into their coffee drinks. People mix it into ice cream and whisk it into chocolate cake. Olive oil fans knock back shots of the liquid on TikTok, saying it clears their skin and helps them lose weight. People also dunk grapefruit in olive oil or dribble it into a dirty martini. Or they may add it to granola or mix it into lemon curd.

So is all of this just hype? Here's what is known about the health benefits of olive oil:

Considerable research has linked this Mediterranean staple to some promising health outcomes, including a reduced risk of cancer, a lower risk of early death, and potential prevention of Alzheimer's disease. However, many of these studies have looked at the health outcomes of people who eat olive oil as part of a larger Mediterranean diet, in which olive oil replaces less healthy sources of fat like butter, versus isolating the health effects of olive oil itself.

According to *Dr Marta Guasch-Ferré*, Adjunct Associate Professor of Nutrition, "It's tricky to tease out just how large a role olive oil played in those health outcomes. But the most robust research we have focuses on olive oil's benefits for the heart". Guasch-Ferré led a 2022 study that found that people who consumed more than half a tablespoon of olive oil per day had a roughly 19 percent lower chance of dying from cardiovascular disease than those who rarely or never consumed olive oil. In another 2022 review, strong associations were found between higher olive oil consumption and reduced risk for cardiovascular disease and death from other causes.

Dr Guasch-Ferré recommended using olive oil as a replacement for less healthy fat sources — especially butter and full-fat dairy products, which contain saturated fats that can raise your LDL levels. She recommends aiming for no more than around three or four tablespoons of olive oil per day, as that amount is associated with the greatest benefits. However, don't expect olive oil, on its own, to transform your overall health.

"Consumption of Olive Oil and Risk of Total and Cause-Specific Mortality Among U.S. Adults," Marta Guasch-Ferré, Yanping Li, Walter Willett, Qi Sun, Laura Sampson, Jordi Salas-Salvadó, Miguel Martínez-González, Meir Stampfer, Frank Hu, Journal of the American College of Cardiology, online January 10, 2022, doi: 10.1016/j.jacc.2021.10.041

From: https://www.nytimes.com/2023/03/01/well/eat/olive-oil-health-benefits.html

See also: https://www.hsph.harvard.edu/news/hsph-in-the-news/olive-oil-heart-health-fats/?utm_source=newsletter&utm_medium=email&utm_content=Olive%20oil%20recommended%20as%20replacement%20for%2 Oless%20healthy%20fats&utm_campaign=Kiosk_032323

Can We Learn To Choose Healthier Sandwich Options?



Photo: Indiana Kitchen

According to a March 14 *Wall Street Journal* article, sandwiches have become less healthy over the past 40 years. During this period, sandwich sizes have expanded, and they are now more likely to be made with highly processed white bread and deli meat that is high in sodium.

Dr Erica Kenney, Assistant Professor of Public Health Nutrition, suggests that sandwiches are popular in the U.S. because many people eat on the go. Other experts offered suggestions for making sandwiches healthier, such as choosing fresh chicken breast or tuna instead of processed deli meat, and adding lettuce, onions, and tomatoes.

Dr Eric Rimm, Professor of Epidemiology and Nutrition, recommended choosing bread that is made from 100% whole wheat or whole grain or that contains visible grains and seeds—a marker of less processing and more fiber. "Slicing bread thinly is another option for cutting sodium and calories", he suggested.

Rimm adds that when it comes to condiments, try to use mustard and ketchup sparingly. "Both are 'salt vehicles,' and ketchup can be high in added sugars. Mayonnaise is not a bad option, though. While it used to be made with unhealthy trans fats, it is now usually made from eggs and canola or soybean oil, which are high in healthier fats."

From: https://www.hsph.harvard.edu/news/hsph-in-the-news/choosing-healthier-sandwich-options/
Read the Wall Street Journal article: https://www.wsj.com/articles/sandwich-american-diet-unhealthy-489a1d59

Jerold Mande Argues that Processed Foods Are Making Us Sick-- It's Time for the FDA and USDA To Step In

In a recent article in *Harvard Public Health Magazine*, Harvard professor *Jerold Mande* argues that chronic food illness kills up to 678,000 Americans a year. Although Federal law requires policymakers to take action, funding and leadership are sorely lacking.

Although Federal food law bans "any poisonous or deleterious substance which may render [a food] injurious to health", such as food contaminated with toxic chemicals or microbes such as *Listeria* and *salmonella* that may cause acute illness, far more Americans die from chronic food illness, such as obesity, diabetes, cancer, and heart disease.

Mounting evidence has pointed to these chronic illnesses being caused by the deleterious substances found in ultra-processed foods, such as frozen pizzas and sweetened breakfast cereals. So Mande argues that it's now time for the U.S. Food and Drug Administration and the U.S. Department of Agriculture to use their authority under federal law to protect us from these highly processed foods. In other words, the FDA and USDA must make at least as much effort preventing chronic food illness as they do acute food illness. In addition to deaths, poor diet causes tremendous suffering. For instance, two-thirds of severe COVID cases resulting in hospitalization have been attributed to four diet-caused diseases: obesity,

One recent finding raises the possibility that it's the additives and processing—not just the percentage of fat or sugar in a diet—that make us sick. Clearly, more research is urgently needed. In a 1958 amendment Congress provides that no food additive shall be deemed safe if it is found to induce cancer, a chronic illness, when ingested by humans or animals. A more recent precedent for using our food safety laws to regulate chronic food illness occurred in 2015 when the FDA banned artificial trans fats from food on the grounds that it caused heart disease, another chronic illness linked to diet. Our laws make clear that action is required. What's missing is leadership and funding.

Mande further suggests that the leadership must come from **Robert M. Califf**, our FDA Commissioner, and **José Emilio Esteban**, the newly confirmed under secretary for food safety at USDA. Through appropriate regulation and enforcement, they must provide food companies with legal incentives to design foods that promote health and well-being — and these incentives ought to be equal to those the marketplace provides for taste, cost, and convenience.

As for funding, the President and Congress must provide the needed budget. The president should ask for at least \$200 million to address chronic food illness in his Fiscal Year 2024 budget and Congress should appropriate it. It won't be easy. In last year's budget, the president asked for \$135 million to cover USDA nutrition security, FDA nutrition regulation, and NIH nutrition research. He received \$0.

According to Mande, the FDA and USDA must collaborate to design a 21st century food safety system to protect us not just from acute cases of food poisoning but also from the deadly toll of chronic exposure to ultra-processed food. Our lives literally depend on it.

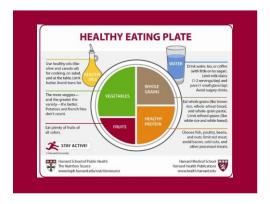
Jerold Mande is an adjunct professor of nutrition at the Harvard T.H. Chan School of Public Health and former senior adviser to the FDA commissioner and deputy undersecretary at the U.S. Department of Agriculture. He is a co-founder of Nourish Science, a nongovernmental organization focused on solving the country's nutrition crisis.

To read entire interview: https://harvardpublichealth.org/nutrition/processed-foods-make-us-sick-its-time-for-government-action/

Dr Lilian Cheung Discusses How the 'Harvard Diet' May Be the Standard for Living a Long and Healthy Life

Dr Lilian Cheung, Lecturer on Nutrition; Director of Mindfulness Research and Practice in the Department of Nutrition, was recently interviewed in a CNBC feature on the 'Harvard Diet'. Below are some excerpts of that interview.

In 2011 Harvard researchers launched **The Healthy Plate** when they compiled an eating plan for optimal health. According to Cheung, "In terms of major chronic diseases like prevention of cardiovascular disease, different types of cancers [and] Type 2 diabetes, this way of eating is going to be helpful to prevent those diseases that are common in America, and the world".



First of all, what is the 'Harvard diet'?

According to *The Nutrition Source*, the Harvard diet is actually Harvard's Healthy Eating Plate, and it can be used as a guide for "creating healthy, balanced meals". For this diet, you should prioritize vegetables and fruits for half of each meal and supplement the other half with whole grains and healthy proteins.

Here are some suggestions for setting your plate:

Vegetables and fruits should be prominent in most meals (1/2 of your plate).

Vegetables should be chosen for color and variety and be a little more plentiful than fruits. Cheung also admonishes that "A potato is not a vegetable from a nutrition point of view". Whole fruits are better than juice, she adds.

2. Add in whole grains (1/4 of your plate).

The Harvard diet specifies the type of grains that you should eat. The plan strongly encourages eating whole grains, as opposed to refined grains. "Whole grains have much more vitamins and also phytochemicals and minerals, which is much healthier for us and won't raise [our] blood sugar so fast," Cheung says.

3. Get some healthy protein (1/4 of your plate).

Some healthy proteins include: Fish, chicken, beans, nuts and duck. "You should aim to limit your red meat consumption, and completely avoid processed meats like bacon and sausage if you can", according to Cheung.

4. Cook with healthy oils (in moderation).

In order to avoid consuming unhealthy trans fats, you're advised to not cook with partially hydrogenated oils like margarine and certain vegetable oils. Instead, Cheung recommends reaching for healthier options like: Olive, canola, soy, corn, sunflower, and peanut oils.

5. Go for water, tea and coffee over milk.

"We were really deliberate in terms of the drinks," says Cheung. For years, it was recommended that people should drink three cups of milk each day, she adds. Rather, the Harvard diet encourages you to alternate between water, tea and coffee to pair with your meals, especially with little to no sugar. Additionally, they suggest reducing milk and dairy consumption to one to two servings a day and juice to one small glass per day. You should avoid sugary drinks altogether if possible.

6. Move your body.

But what makes the eating plan unique is the disclaimer to stay active, which is almost as prominent as the breakdown of foods and drinks. "We need to be engaging [for] half an hour a day, or at least five times a week, in vigorous activity," Cheung notes. She encourages you to consider brisk walking and fitness classes. Yet, the key is to avoid being sedentary for most of your day.

To read the full CNBC interview: https://www.cnbc.com/2023/03/19/harvard-diet-may-be-the-standard-for-living-a-long-and-healthy-life.html

UPDATES FROM THE DEPARTMENT'S DIB COMMITTEE

We hope all are enjoying the brisk winter weather and new seminars offered through the Diversity, Inclusion, and Belonging office. The sub-committees are underway and have been setting a foundation for future efforts along with coordinating across the department. Engagement opportunities are being offered, and we are very excited about hosting some events in the near future. Please be sure to check for invitations, and/or future announcements related to NUT-DIB. We do seek feedback and suggestions related to NUT-DIB initiatives. Please do not hesitate to reach out!

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 and continuing into the spring, our seminars will be 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 and spring semesters, live seminars will be held in FXB G-13. zoom link for viewing will be available one week prior to each seminar.

Our April speakers will be:

- **Apr 3 Dr Rafael Pérez-Escamilla**, Professor of Public Health (Social and Behavioral Sciences), Yale University "Breastfeeding Protection, Promotion and Support: What Works on a Large Scale" **Zoom webinar**
- **Apr 10 Dr Oliver Rando, MD, PhD,** Principal Investigator, Rando Lab, Department of Biochemistry and Molecular Pharmacology, UMass-Chan Medical School "Paternal effects in mammals: how does paternal diet program health and disease in offspring?" **Hybrid/zoom**
- **Apr 17** *Dr Christina Hicks*, Professor of Political Ecology, Environmental Centre, Lancaster University, UK TBD **Hybrid**
- **Apr 24** *Dr Diane Gilbert-Diamond*, Associate Professor, Department of Epidemiology, The Geisel School of Medicine at Dartmouth TBD **Hybrid/zoom**

NUTRITION SOURCE UPDATES

Explore the Healthy Eating Plate

Did you know that March is National Nutrition Month? Our Healthy Eating Plate provides a blueprint for building healthy, balanced meals—whether served at the table or packed in a lunch box. Check out the interactive plate: https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/

• The Healthy Eating Plate has also been translated into over 30 languages: https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/translations/

Nutrient feature: Phosphorus

Phosphorus is a mineral that naturally occurs in many foods and is also available as a supplement. It is a key element of bones, teeth, and cell membranes, and plays multiple roles in the body. https://www.hsph.harvard.edu/nutritionsource/phosphorus/.

The Department of Nutrition held its annual trainee-faculty Retreat on March 23, 2023, at the Linda K Paresky Conference Center at Simmons University.

Dr Frank Hu, Chair of the Department, opened the retreat by giving an update on the department, followed by student, postdoc, and faculty presentations. During the break, *Dr Lilian Cheung* led a session on mindfulness meditation. Roundtable discussions were focused on diversity, inclusion, and belonging, as well as student mental health issues. A lot of great ideas were generated at this exciting event!





















SAVE THE DATE: NUTRITION 2023 RETURNS TO BOSTON JULY 22-25, 2023 (AMERICAN SOCIETY FOR NUTRITION)!

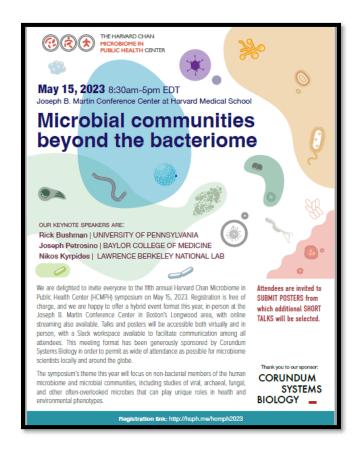
The American Society for Nutrition is meeting in person this July in Boston.



NUTRITION 2023 - American Society for Nutrition

You're invited to attend the preeminent meeting with leading research on the hottest topics in nutrition. Following three years of virtual meetings, NUTRITION 2023 will offer an opportunity for nutrition scientists, clinicians, policy experts, industry leaders, and more to break away from their screens and to gather, network, and share knowledge faceto-face.

nutrition.org



SAVE THE DATE!

The $24^{\rm th}$ Annual Harvard Nutrition Obesity Symposium – Adiposity, Immunity, and Inflammation: Interrelationships in Health and Disease

Date: June 7, 2023

Time: 8:30am to 4:30pm EST

This event will be held virtually. All are welcome! Registration is free for all attendees. Register now >

The <u>Nutrition Obesity Research Center at Harvard</u> (NORCH) invites you to attend our 24th Annual Symposium, featuring the latest research on a wide range of topics including nutritional regulation of immunity, immunometabolic drivers of heart failure, and immunological landscape of adipose tissue. The George L. Blackburn Keynote Lecture, "Obesity and Immunometabolism," will be given by Dr. Lydia Lynch of Harvard Medical School.

Request for Applications: Pilot & Feasibility Grants in Nutrition, Obesity, and/or Metabolism The Nutrition Obesity Research Center at Harvard (NORCH) is currently seeking applications for Pilot & Feasibility Grants related to nutrition, obesity, and metabolism. These awards are for up to \$30,000, with the possibility for up to \$30,000 additional funding during year 2 via a competitive renewal. The deadline to apply is March 1, 2023, awards announcement will be on May 1, 2023, and the funding period will begin on August 1, 2023. Please click here to apply or for more information on eligibility, application procedure, past projects, and more.

For more information: Esther Bwenyi, MPH E-mail: ebwenyi@mgh.harvard.edu

