

NUTRI NEWS

The Department of Nutrition

September 2023

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THE DEPARTMENT OF NUTRITION WELCOMES 21 NEW STUDENTS TO ITS MPH-65 AND PhD PROGRAMS THIS FALL!

The Department of Nutrition is proud to announce that 16 new MPH-65 students and 5 new PhD students will join our Department this fall. This year we have an awesome group of students in our two programs! These students come from diverse backgrounds and hail from all different parts of the US and world. Many of them have already gained valuable experience in the fields of nutrition and public health before arriving here. We are sure that each of them, in their own way, will prove to be an invaluable asset to our programs and will continue to enjoy very successful public health careers afterwards.

Let's meet these new students now and welcome them to the Department!

New PhD Students:



Sunjeong Bae

Hi everyone, my name is Sunjeong, and I'm originally from Seoul, Korea. I completed my MD (KM), then came to Boston/HSPH last year for my MSc. My research focuses on the relationship between diet and the gut microbiome, and their role in metabolic diseases. I enjoy various activities such as snowboarding, golfing, weightlifting, and I recently started playing tennis. Also, I have the most gorgeous cat in the world, Somie, and she would be happy to get to know you as well!



Ines Del Giudice

Born and raised in Buenos Aires, Argentina, Ines holds a bachelor degree in nutrition and dietetics from Universidad del Salvador and a MPH from New York University. She is interested in the relationship between dietary patterns and chronic diseases in the Hispanic/Latino community. In her free time she enjoys going for walks with her puppy and cooking new recipes with friends.



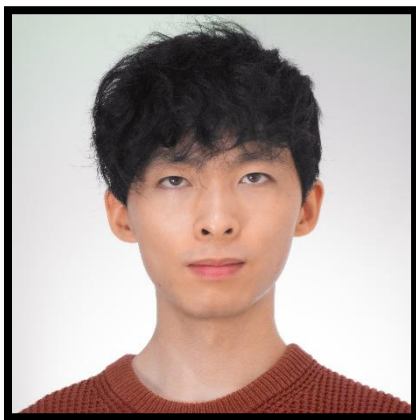
Elise Gahan

Elise (she/her) is a registered dietitian nutritionist and has worked in public health nutrition for the past 7 years. She takes a policy, systems, and environmental approach to equitably increase access to affordable, nutritious foods. Most recently, Elise has managed a SNAP matching nutrition incentive program in Indianapolis, Indiana. She hopes to research and evaluate policies that promote food security and reduce chronic disease, including SNAP, produce prescription, and healthcare-based interventions. She loves to host dinner parties, make homemade ice cream, read books in her hammock, and run.



Siwen Wang (she/her/hers)

I was born and raised in China and obtained my M.D. from Zhejiang University. Currently, I am a research fellow at the HSPH Department of Nutrition studying how diet affects reproductive health. I enjoy building lego and hiking in my free time.



Benjamin Xu

Hello there! I just got my Masters in Epidemiology, and I'm very excited to continue my journey as a PhD student in Nutritional Epidemiology. I'm a huge nerd and I love working with computer hardware and software, but I also enjoy more creative hobbies like digital painting and photography. (I'm also working on a novel!) Excited to meet everyone and exchange ideas about science, technology, or art :)

New MPH Students:



Noor AlSaeidi

Noor AlSaeidi is a first-year MPH student at the Department of Nutrition at the renowned Harvard T.H. Chan School of Public Health. She graduated with distinction and class honors from Kuwait University, earning a Bachelor of Science degree in Nutrition. After completing her studies, she gained practical and clinical experience by working as a clinical dietitian at the Kuwait Cancer Control Center (KCCC), which is the only specialized center of its kind in Kuwait. Throughout her career, she has been involved in projects related to nutrition awareness, research, and public health. To her, pursuing a Master of Public Health degree with a focus on nutrition was the obvious choice, given the rising incidence of nutrition-related illnesses both locally and globally. She has a keen interest in studying the social and behavioral factors that contribute to health issues. She is also excited to learn more about the relationship between diet and the risks of diseases. Her goal after completing her studies is to work in a leadership position in the public health sector in

Kuwait. She aims to improve nutrition and health policies, promote healthier dietary recommendations, and advance public health nutrition using evidence-based practices. Her efforts are not limited to Kuwait; she intends to extend her impact beyond its borders.



Emma Garfield

My name is Emma Garfield. I'm from New Hampshire, and I graduated from the University of Virginia in 2020. I applied to this program to have a more fulfilling career, and I'm so excited to learn about ways I can help my community. Outside of school, I volunteer as a guide runner for blind athletes, surf in Maine, and hike in my home state with my family and dog, Cashew.



Raghad Malibari

My name is Raghad Malibari. I am from Saudi Arabia, and am a Clinical Dietitian in the ICU and the Burn Unit. I also work with the Diabetic patients in the nutrition clinic since caring for others is a big part of myself. My career over the last 8 years has made me truly believe that Knowledge is power, knowledge save lives and it did save mine as I grow to be stronger and sharper.

My clinical experience, particularly in critical care, has given me an understanding of the critical role of public health so I decided to advance my career and join the MPH in Nutrition at Harvard University, as it has been my dream to go to Harvard ever since I was a little girl.

I believe that the Harvard MPH in Nutrition will provide me with the skills and knowledge needed to continue contributing to society and the world.



Carmenmari Zaballa Lasso

I am Carmenmari Zaballa from Mexico City. I majored in Nutrition Sciences and then specialized in diabetes and obesity. I have worked in the clinical field with patients with endocrinological problems, also as a teacher of diabetes courses and in the research field as Clinical Trial Coordinator.

I chose to pursue the MPH in Nutrition to gain the knowledge and skills needed to design and implement a plan for the prevention of obesity and diabetes through nutrition and lifestyle. Also, I want to make the nutrition science available to everyone who needs it.



Lexi Farina

My name is Lexi Farina and I am excited to be joining the Nutrition Department in the MPH-65 program! Since graduating from Cornell University in 2020, I have worked on the nutrition team at Results for Development (R4D) supporting strategic planning, financing, and translating nutrition data for decision-makers in East and West Africa. On the weekend, I also worked as a farmer's market staff in Washington, DC where I assisted with market operations and food access programs connecting underserved communities with local foods. At HSPH, I look forward to building on my knowledge and gaining skills to support global nutrition and food systems through data-driven approaches, digital innovations, and policy reform.



Michelle Shah

Hello everyone, I am Dr Michelle Shah, a pediatrician from India.

I am eagerly looking forward to immersing myself in an environment that fosters intellectual growth as well as purposeful action and am excited to engage in dialogue, which transcends boundaries with a shared vision of a healthier world.

I am hoping to move past the confines of a medical practice and take part in community- driven initiatives, underscoring the power of collaboration in driving meaningful transformation.



Jen Weeks

I grew up near San Francisco in California. Since graduating from the University of Michigan in 2020, I have been working in a variety of fields attempting to gain a better understanding of our food systems. I worked as the Director of Education for a nonprofit creating curriculum and teaching low-income kids, primarily within the Boys and Girls Club, garden education and Social-Emotional Learning skills. Additionally, I worked in sustainable agriculture and managed a restaurant. I also planned the Reno Garlic Festival, a 6,000-person event celebrating and supporting the local food community in the Reno-Tahoe area this summer! I am interested in learning how we can transform our food systems to create better health outcomes for people and the planet. I came to Harvard to learn from innovators in a variety of fields how to create effective systemic changes.



Sarah Rosenthal

My name is Sarah and I am a first year MPH-65 student. I chose to pursue the nutrition program because I have always expressed love through food and it is how I am best able to immerse myself in other cultures. Food is something that everyone has to interact with every single day and I believe it is the perfect starting place for people to take control of their health and for others to help them do this as well. I am from New York City originally and have been located there for the past few years after completing undergrad. I love long walks in new places, movies, and trying new foods with friends and am really excited to get to have new experiences in Boston!



Ada Yilmaz

My name is Ada Yilmaz, and I am excited to be starting the MPH in Nutrition program at Harvard T.H. Chan School of Public Health. I have a background in Psychology with a B.A. from Columbia University. Prior to my arrival at the Harvard T.H. Chan School, I worked in research under the supervision of Dr. Dost Öngür at McLean Hospital. With an eventual goal of attaining a PhD, I am highly committed to cross-disciplinary research. My future research aspirations lie in integrating psychological, nutritional, and epidemiological knowledge to address concerns regarding obesity and related conditions. Outside of the academic world, I have been passionately sailing for many years and enjoy culinary adventures. I often cook and travel with my friends to explore different flavors and places.



Rifka Verma

Hello! My name is Rifka Verma, and I am truly humbled and honoured to be joining the MPH-65 Nutrition cohort among colleagues to learn from and grow with. I have close to 9 years of work experience prior to joining the Chan School. I started my career in public policy advocacy, working to advocate for maternal and child health with the Bill and Melinda Gates Foundation in the Indian states of Bihar and Uttar Pradesh. Shortly after, I did a Masters in Food Culture & Sustainability from the University of Gastronomic Sciences in Italy where I learned how high-quality, nutritious food products are developed and how compelling communication around food can inspire conscious consumer choices. The seminal piece of work here that shaped my career thereafter was, understanding the anthropology of Indian food culture and how historical and socioeconomic influences have shaped Indian dietary patterns and nutritional outcomes.

I made a shift to FMCG where I used this knowledge to work with both Unilever and Nestle to develop health food products addressing chronic disease. My research and development has focused on type 2 diabetes in Indians and how to reverse poor glycemic control at the prediabetes stage through diet interventions. I launched a product under Horlicks known as Horlicks Diabetes Gummies where I identified and implemented the use of Mulberry Leaf Extract to reduce post prandial glucose spikes in prediabetic adults.

As a public health professional, I aim to reduce the burden of chronic disease in developing countries and marginalised communities through diet interventions. I am keenly interested in oncology nutrition and reversing type 2 diabetes, where one of my key areas of interest is the link between poor glycemic control and the elevated risk of cancer in adults. At the same time, I hope to learn more about how to improve maternal and infant mortality outcomes, as well as micronutrient deficiencies in Indian women. I have a wide array of interests in the field of nutrition but more than anything I strive to improve health outcomes and food security in underserved communities, be it developing nations, conflict zones or marginalised communities.



Amr Al-Absi

My name is Amr Al-Absi and I came from Yemen. Since graduation from Sana'a University, Faculty of Medicine and Health Sciences in 2010 (MBBS) I have been working in different decision-making positions in different public health programs including Health, WASH, and Nutrition. My last job in Yemen was as a Nutrition Specialist in one of the United Nations organizations (FAO).

The protracted armed conflict and a widespread economic collapse in my country have led to its declaration as the world's worst humanitarian crisis, with the highest rate of malnutrition globally, as reported by the World Bank. Over the last decade, the rates of malnutrition have increased dramatically leading to an unprecedented rise in maternal and child mortality rates. So malnutrition is an urgent and pressing issue in my country. This has inspired me to encourage positive change, and motivated me to continue to pursue a career in public health and

nutrition in particular.

I chose to enroll in a master's degree in nutrition from Harvard T.H. Chan School of Public Health because of its unparalleled reputation for academic excellence, cutting-edge research opportunities, and a commitment to addressing global public health challenges through nutrition science.

Finally, I would like to take this opportunity to express my profound gratitude to all the esteemed faculty and dedicated staff at Harvard T.H. Chan School of Public Health, and in particular, to the exceptional members of the Nutrition department. I am eager learn from you all and contribute to innovative solutions for improving health, nutrition and well-being in my country and on a global scale.



Alessandra Grossman

My name is Alessandra Grossman and I am excited to be starting the MPH 65 Nutrition Program! Before coming to Chan, I worked as a Clinical Research Coordinator in the Liver Unit at Massachusetts General Hospital. In this role, I had the opportunity to work with patients with metabolic dysfunction associated steatotic liver disease. Working with this patient population piqued my interest in learning more about the ways that we can use nutrition and physical activity to prevent and treat noncommunicable diseases.



Whitney Peng

Whitney is an MPH Nutrition candidate at Harvard T.H. Chan School of Public Health. After her undergraduate studies at Emory as a pre-med concentrating in business, she has leveraged her health sciences background to work in biopharma, biotech, and venture investment fields to promote technological innovations to improve the current food system and food supply chain. Whitney is passionate about merging science and entrepreneurship, and she is experienced at both institutional and start-up levels in aspects such as project management, business development, research analysis, product development, and marketing and communication.



Hajar Al Jaafari

My name is Hajar Al Jaafari, and I have been drawn to the intersection of health, nutrition, and public health through my previous experience as a teaching assistant and clinical dietitian in Saudi Arabia, which solidified my desire to delve deeper into this field. Choosing the MPH program at Harvard was a natural progression for me, as it offers a comprehensive curriculum and a platform to collaborate with some of the best minds in the industry. I am eager to contribute to and learn from this acclaimed community, with the ultimate goal of driving positive change in nutrition policy.



Meghana Iragavarapu

Meghana is a first-year MPH in Nutrition at Harvard Chan and graduated from Duke University with a Bachelor of Arts in the "Intersection of Food Availability, Nutrition, and Health Outcomes," a major she designed as part of Duke's Program II. Meghana's research background is inspired by a belief that "food is medicine," and spans nutrition science, health behavior change, and public policy solutions. She spent the past two years working at the Brigham & Women's Hospital in the NICU on an NIH study to understand the impact of breastmilk fortification on preterm infant growth.

Outside of school and work, Meghana loves cooking, designing workout plans for friends and family, and singing.

NEWS IN THE DEPARTMENT

HONORS & AWARDS

Nour Hammad, Teaching Fellow, has been selected as a 2023-24 APHA (American Public Health Association) Food and Nutrition Section Fellow. Fellows serve for one year and select a Food & Nutrition Section Committee to join. They are welcomed with a Committee orientation and have a specific role in the Committee's work. Additionally, Fellows have the opportunity to participate in business meetings, contribute professional development ideas, and develop their leadership capacity.

GRANTS

Josiemer Mattei, PhD, MPH was recently awarded, as Principal Investigator, an R01 from the NIH-National Institute on Minority Health and Health Disparities for the project "A culturally-tailored dietary trial for cardiometabolic health in Puerto Rico". This randomized clinical trial among adults in PR will test the efficacy of a home-delivery program of traditional, locally-sourced Puerto Rican foods and tailored counseling adapted from the Mediterranean diet on improvements on cardiometabolic markers, psychosocial factors, food security and access, and metabolite signatures. The project is done in partnership with investigators from FDI Clinical Research of Puerto Rico, Yale University, the Broad Institute, and Harvard Medical School. Collaborators from the Nutrition Department are **Drs Frank Hu** and **Frank Sacks**, postdoctoral fellows **Drs Martha Tamez** and **Abrania Marrero**, and doctoral candidate **Mr Kenny Mendoza**.

Drs Kjetil Bjornevik, Marianna Cortese, and Alberto Ascherio are part of a consortium that has been awarded €7 million by EU Horizon Europe to study the role of the Epstein-Barr virus (EBV) in the onset and progression of multiple sclerosis (MS). The project consists of clinical trials of antiviral therapies targeting EBV infection in people with MS, genetic, immunological, and virological analyses of blood and saliva samples, and registry-based research. It includes researchers from Norway, Sweden, Italy, Spain, Belgium, and the United States. Dr Bjornevik is the site-PI from Harvard.

Dr. Frank Hu, Professor of Nutrition and Epidemiology and Chair of Department of Nutrition, is one of multiple PIs on the new seven-year epidemiological cohort study of Asian Americans, Native Hawaiians, and Pacific Islanders (AsA-NHPI) funded by NHLBI and four other NIH institutions. This new cohort will gather important diet, lifestyle, psychosocial, biochemical, and health information on these populations, which are underrepresented in biomedical research. It will include researchers from five centers across the United States who will work together to recruit and follow >10,000 individuals from AsA-NHPI populations. In the Asian American Community Cohort and Equity Study (ACCESS), one component of the new cohort, Dr Hu will collaborate with **Dr Carolyn Fang**, Associate Director for Population Science, and Professor in the Cancer Prevention and Control Research Program at Fox Chase; and **Dr Grace Ma**, Founding Director of the Center for Asian Health, Associate Dean for Health Disparity, and the Laura H. Carnell Professor at Temple University. Other investigators from Harvard include **Dr Xuehong Zhang**, Associate Professor of Nutrition, HSPH, and Associate Professor of Medicine at HMS; and **Dr Anne-Julie Tessier**, a Registered Dietician and postdoc fellow at the Department of Nutrition.

PUBLICATIONS

Albert Salas-Huetos, PhD and colleagues have published the following paper. This paper is based on research conducted within the EARTH study cohort. According to Salas-Huetos, its principal finding was that "[F]or women undergoing infertility treatment, preconception adherence to the AHA diet which prioritizes the consumption of fruits and vegetables, whole grains, fish and shellfish, and nuts and

legumes while limiting the intake of sugar-sweetened beverages, sodium, processed meat, and saturated fats, was associated with reduced risk of pregnancy loss.”

Salas-Huetos A, Mitsunami M, Wang S, et al. Women's Adherence to Healthy Dietary Patterns and Outcomes of Infertility Treatment. *JAMA Netw Open* 2023; **6**(8): e2329982.

https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2808489?utm_source=silverchair&utm_medium=email&utm_campaign=article_alert-jamanetworkopen&utm_content=wklyforyou&utm_term=081823?adv=000000960359
<https://twitter.com/JAMANetworkOpen/status/1692567028052226485>

Dr Josiemer Mattei, Donald and Sue Pritzker Associate Professor of Nutrition, and her team published the following paper:

Ferrero, E. M., Yunker, A. G., Cuffe, S., Gautam, S., Mendoza, K., Bhupathiraju, S. N., and Mattei, J. (2023). Nutrition and Health in the Lesbian, Gay, Bisexual, Transgender, Queer/Questioning Community: A Narrative Review. [published online ahead of print]. *Advances in Nutrition*. 2023;S2161-8313(23)01348-0.
doi:10.1016/j.advnut.2023.07.009. [https://advances.nutrition.org/article/S2161-8313\(23\)01348-0/fulltext](https://advances.nutrition.org/article/S2161-8313(23)01348-0/fulltext)

Dr Fenglei Wang, Postdoctoral Research Fellow, has published the following paper. **Dr Frank Hu** and **Dr Marta Guasch-Ferre** are senior authors on this paper. In the paper, authors identified multiple metabolites in the nucleosides, amino acids, and lipid classes that are associated with the risk of all-cause mortality and the likelihood of achieving longevity. They also developed a multi-metabolite score which could effectively encapsulate the relationship between metabolomic profiles and mortality risk. These results highlight some potentially important metabolites and biological pathways in aging and diseases that may open up new avenues to incorporate these metabolomic markers in clinical and research settings.

Wang, Fenglei, et al. "Plasma metabolomic profiles associated with mortality and longevity in a prospective analysis of 13,512 individuals." *Nature Communications* 14.1 (2023): 5744.
<https://www.nature.com/articles/s41467-023-41515-z>

On November 1, 2023 Elsevier will publish the first edition of the new textbook *Precision Nutrition-The Science and Promise of Personalized Nutrition and Health*, Editors David Heber, Zhaoping Li, and Jose Ordovas. **Dr Guy Crosby**, Adjunct Associate Professor of Nutrition, wrote chapter 22 “The Role of Cooking and Spices on Food Composition.”

PRESENTATIONS

Stephen Devries, MD, Adjunct Associate Professor of Nutrition, was featured in an American Medical Association Ed Hub podcast on the topic: [Diet Quality in the Era of High-Potency Weight Loss Drugs](#).

[https://DietQualityintheEraofHigh-PotencyWeightLossDrugs|LifestyleBehaviors|GaplesInstituteNutritionandLifestyleEducation|AMAEdHub\(ama-assn.org\)](https://DietQualityintheEraofHigh-PotencyWeightLossDrugs|LifestyleBehaviors|GaplesInstituteNutritionandLifestyleEducation|AMAEdHub(ama-assn.org))

Dr Devries also led the development of a recently published online nutrition learning program for teens and young adults. Produced in an interactive, graphic-novel style to maximize appeal to younger learners, the program features the benefits of healthy eating that teens and young adults care most about: school

work, athletics, mood, and sleep. A free resource from the educational nonprofit Gaples Institute, entitled [Food as a Superpower](#).

[https://www.gaplesinstitute.org/Nutrition Education Course for Teens and Young Adults \(gaplesinstitute.org\)](https://www.gaplesinstitute.org/Nutrition Education Course for Teens and Young Adults (gaplesinstitute.org))

MORE RESEARCH NEWS

Do People Who Tend To Stay Up Late Have Higher Risk of Developing Diabetes?



Photo: iStock

A new study has found that those people who tend to stay up late have a higher risk of developing diabetes than those who rise early.

According to co-author **Dr Marta Guasch-Ferre**, Adjunct Associate Professor of Nutrition, and colleagues, night owls are 72% more likely than early birds to develop diabetes. The investigators followed nearly 64,000 nurses from 2009–2017. Findings indicate that those nurses who reported that they were night owls tended to have poorer diets, unhealthy weight, and were less physically active. However, even after adjusting for lifestyle factors such as diet, smoking, and exercise, night owls still were 19% more likely to develop diabetes than non-night owls, suggesting that genetic factors may be involved.

Kianersi S, Liu Y, Guasch-Ferre M, et al. Chronotype, Unhealthy Lifestyle, and Diabetes Risk in Middle-Aged U.S. Women : A Prospective Cohort Study. *Ann Intern Med* 2023.

An accompanying editorial (<https://www.acpjournals.org/doi/10.7326/M23-2257>) by **Kehuan Lin**, doctoral student in the Department of Epidemiology; **Mingyang Song**, associate professor of clinical epidemiology and nutrition; and **Edward Giovannucci**, professor of nutrition and epidemiology, suggested the need for further research on the connections between a person's chronotype (their preference for earlier or later sleep timing), their lifestyle, and their diabetes risk.

From: <https://www.hsph.harvard.edu/news/hsph-in-the-news/examining-the-link-between-peoples-sleep-timing-preferences-lifestyle-and-diabetes/>

Also read: <https://consumer.healthday.com/night-owl-2664990790.html>

How to practice mindful eating

September 14, 2023—"Mindful eating"—the practice of taking time to consciously experience, enjoy, and express gratitude for a meal—offers myriad health benefits, according to Harvard T.H. Chan School of Public Health's **Lilian Cheung**.

Cheung, lecturer on nutrition and Director of Mindfulness Research and Practice in the Department of Nutrition, was featured on the September 11 episode of NPR's Life Kit podcast. Cheung offered five tips for listeners to eat mindfully:

1. Take at least 20 minutes to eat your meal
2. Put your phone and other technology away while eating
3. Engage your senses while eating—notice things like smells and textures
4. Portion out snacks to help prevent mindless munching
5. Make sure you're chewing well—for the sake of both mindfulness and digestion

Mindful eating "encourages us to make choices that are satisfying and nourishing to the body," Cheung said. "And as we become more aware of our eating habits, we can take steps toward behavior that will benefit not only ourselves, but also our environment."

Listen to the Life Kit episode: [Scarfig down your food? Here's how to slow down and eat more mindfully](#)

From: <https://www.hsph.harvard.edu/news/hsph-in-the-news/how-to-practice-mindful-eating/>

How to reduce the risks of alcohol



According to experts, the harmful effects of alcohol can be potentially lowered by prioritizing healthy habits.

For example, while drinking alcohol has been linked to cancer, CVD, and other conditions, **Eric Rimm**, Professor of Epidemiology, states that drinking in moderation (no more than two drinks a day for men or one drink a day for women) can still be part of a healthy lifestyle.

Although this is not guaranteed to offset the effects of alcohol, Rimm suggested taking healthy actions that support the immune system such as regular exercise, being mindful of extra calories from alcoholic beverages, and continuing to see a doctor for annual checkups.

From: <https://www.hsph.harvard.edu/news/hsph-in-the-news/reducing-the-risks-of-alcohol/>

Read the New York Times article: <https://www.nytimes.com/2023/09/12/well/eat/alcohol-health-risks.html>

NUTRITION SOURCE UPDATES

Spotlight on sleep

Sleep is as essential to our daily needs as food and water. Although we may feel that sleep simply rests our tired bodies, our brain remains active throughout the night. Sleep plays a critical role in brain as well as physical functioning: <https://www.hsph.harvard.edu/nutritionsource/sleep/>

- **New research highlight: Sleep timing preferences, lifestyle, and diabetes risk** - People who tend to stay up late have a higher risk of developing diabetes than those who rise early, a new study found. Following nearly 64,000 nurses from 2009–2017, researchers found that night owls were 72% more likely than early birds to develop diabetes, and tended to have poorer diets, unhealthy weight, and were less physically active. But even after researchers adjusted for lifestyle factors such as diet, exercise, and smoking status, night owls still were 19% more likely to develop diabetes than non-night owls, suggesting that genetic factors may be involved. An accompanying editorial suggested the need for further research on the connections between a person's chronotype—their preference for earlier or later sleep timing—their lifestyle, and their diabetes risk: <https://www.hsph.harvard.edu/news/hsph-in-the-news/examining-the-link-between-peoples-sleep-timing-preferences-lifestyle-and-diabetes/>

Food feature: Apples

Does eating an apple every day really keep the doctor away? Learn how apples may benefit health and the best types for baking versus munching straight off the core: <https://www.hsph.harvard.edu/nutritionsource/food-features/apples/>

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. Since Covid-19 our seminars have been a zoom and hybrid mix. Most of this year's talks will be in-person, although some will still be virtual. The in-person seminars will also be on Zoom for those unable to attend. Live seminars will be held in Kresge 502. Zoom link for viewing will be available one week prior to each seminar.

Our Monday Nutrition Seminar speaker for ber October will be:

- Oct 2** **The regular Monday Seminar today will be replaced by the 18th Annual Stare-Hegsted Lecture at 4:30 pm.** (See poster for further details)
- Oct 9** **INDIGENOUS PEOPLES DAY**
- Oct 16** **TBD (WORLD FOOD DAY SYMPOSIUM)**
- Oct 23** ***Carol Wynne*** (Wampanoag Nation) - "Foods of the Wampanoag Nation Before 1620"
- Oct 30** ***Dr Anne Lusk***, Lecturer at Boston University Metropolitan College – "How to Conduct Research that Results in On-the-Ground Changes: Forty years and success with bicycle infrastructure"

Weekly Mindfulness Sessions

DAY	DATE	TIME	LOCATION
THURSDAY	SEP-7	1 - 1:50 PM	NUTRITION LIBRARY, ROOM 317
THURSDAY	SEP-14	1 - 1:50 PM	NUTRITION LIBRARY, ROOM 317
THURSDAY	SEP-21	1 - 1:50 PM	KRESGE ROOM 110
THURSDAY	SEP-28	1 - 1:50 PM	KRESGE ROOM 110
THURSDAY	OCT-5	1 - 1:50 PM	KRESGE ROOM 110
THURSDAY	OCT-12	1 - 1:50 PM	KRESGE ROOM 110
THURSDAY	OCT-19	1 - 1:50 PM	NUTRITION LIBRARY, ROOM 317
THURSDAY	OCT-26	1 - 1:50 PM	KRESGE ROOM 110
THURSDAY	NOV-2	1 - 1:50 PM	KRESGE ROOM 110
THURSDAY	NOV-9	1 - 1:50 PM	KRESGE ROOM 110
THURSDAY	NOV-16	1 - 1:50 PM	KRESGE ROOM 110
THURSDAY	NOV-30	1 - 1:50 PM	KRESGE ROOM 110
THURSDAY	DEC-7	1 - 1:50 PM	KRESGE ROOM 110
THURSDAY	DEC-14	1 - 1:50 PM	KRESGE ROOM 110
THURSDAY	DEC-21	1 - 1:50 PM	KRESGE ROOM 110

Questions? Email us at mindfulpublichealth@hsph.harvard.edu



18th Annual Stare-Hegsted Lecture
Department of Nutrition

**Should We Remove Wine from
the Mediterranean Diet?**

Miguel A. Martínez-González, MD, PhD, MPH

Professor, Preventive Medicine & Public Health, Univ. Navarra,
Spain

Adjunct Professor, Dept. Nutrition, Harvard TH Chan School of
Public Health



Monday, October 2, 2023

4:30-5:30 p.m.

Kresge G-2, Harvard Chan School

Reception at 5:45pm, Cafeteria 101





The Nutrition Department Picnic will be on **Saturday, October 14, 2023** from **11:00 am to 2:00 pm** at the **Larz Anderson Park in Brookline at the BBQ Shelter** (same venue as past years).

Food and beverages will be served.

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 Street and Goddard Avenue (Across from 225 Goddard Avenue 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>.

We look forward to seeing you there!

Integrating Nutrition into Clinical Medicine: The Role of Health Professionals as Change Agents

Jan. 8-12, 2024 • M-Th 1-3PM, Fr 1-4PM • In-person at HSPH • 1.25 Credits (P/F)

IN THIS COURSE, WE WILL:

- ✓ Examine the key evidence that links diet to both personal and planetary health.
- ✓ Review the current status of nutrition education and practice in the United States.
- ✓ Explore barriers and solutions to greater incorporation of nutrition in medical practice.



More info and reviews
on [my.Harvard](https://my.harvard.edu)



**NUT 280
Registration
begins
Nov. 9 on
[my.Harvard](https://my.harvard.edu)**