

NUT-SOC-NAT-NEWS



Vol 11, No 18 (12 May 2015)

NUT-SOC-NAT-NEWS is the members' newsletter of the Nutrition Society of Australia.

Newsletter deadlines

The deadlines for our next editions are:

No 19 - COB Fri 15 May

No 20 - COB Fri 22 May

Executive summary

NSA ASM - reminder

NSA regional group events - reminders

- ~ Tasmania: Exploring strategies for gut health of soldiers
- ~ Perth: Is a calorie a calorie?
- ~ Newcastle: The gut microbiome and nutrition

Non-NSA events

- ~ Australasian section of the American Oil Society biannual conference

Miscellaneous

- ~ Chemistry of vegetarianism and food sources of B12
- ~ Improving the use, reporting and interpretation of epidemiological research
- ~ Survey re food composition databases

NSA ANNUAL SCIENTIFIC MEETING

Is your student applying for a travel grant?

Supervisors please ensure your students apply for membership before 31 July to be eligible to apply for travel grant and student awards at the conference.

NSA REGIONAL GROUP EVENTS - REMINDERS

Tasmania group

Exploring strategies for improving the gut health of soldiers ~ Paul Capela

WHEN: May 13 (Wed), 1.00-2.00pm

WHERE: Multiple locations - click [here](#) to view

Soldiers often suffer from gastro-intestinal disturbances while on deployment. Over the past decade, the Defence Science and Technology Organisation (DSTO) has explored various solutions for improving the gut health of soldiers, including the use of probiotics and the development of a gut fermentation model, used to investigate the effect of polyphenols on the microbiome. More recently, DSTO has partnered with the US Army Combat Feeding Directorate (CFD) to develop a functional food bar containing Australian green banana flour, designed to provide soldiers with a combat ration food that is high in resistant starch.

Paul Capela is a food technologist presently employed by DSTO. He has investigated cryoprotectants, prebiotics and microencapsulation of bacterial cells for improving the viability of probiotic organisms in freeze-dried yoghurt and microbiological aspects of Defence rationing systems to enhance military performance of ADF members.

Perth group

Is a Calorie a Calorie? with Professor Richard Mattes

WHEN: May 18 (Mon) 4:00-6:00PM

WHERE: Curtin University, School of Public Health Building 400, Room 249

COST: Free for NSA and NA members; \$10 for non-members (please pay at the venue)

NSA-Perth group and Nutrition Australia WA Division are holding a special May seminar featuring Richard Mattes, a Distinguished Professor of Nutrition at Purdue University, USA. Professor Mattes' research focuses on hunger and satiety, regulation of food intake in humans, food preferences, human cephalic phase taste and responses, and taste and smell. Click [here](#) for more information. Please RSVP [online](#) before 14 May.

Newcastle group

The Gut Microbiome & Nutrition

WHEN: Jun 5 (Fri), 2.30- 5.00pm

WHERE: Caves Theatre, Hunter Medical Research Institute, New Lambton NSW

This first event of the year for the Newcastle group will feature the following presentations: 'Investigating the role of the gut microbiome in respiratory diseases' by Professor Phil Hansbro, 'Exploring the relationships between diet, the gut system and metabolic health' by Dr Yan Lam and 'Our hungry microbiome: How best to feed our gut microbiota for optimal health?' by Dr Jane Muir. Please click [here](#) for full program and registration details.

NSA REGIONAL GROUP EVENT SUMMARY

Wollongong group

Nutrition and Environmental Sustainability: Local solutions

April 2015: Jess Moore, a social enterprise manager from Green-Connect, shared her experience of developing a social enterprise, including the establishment of an urban farm in partnership with a local high school. Kelly Smith is a nutrition programs coordinator for Second Bite, described her passion for working in community nutrition, giving examples of volunteer opportunities available for nutrition students and describing how volunteering helped to secure a dream job. The event was an excellent opportunity for members and students to understand some alternative career opportunities in nutrition, and to gain inspiration from enthusiastic local community members.

UPCOMING NSA EVENTS - REMINDERS

If you have an event on offer, we will advertise it free here and on the [website](#) - just email the editor at nutsocnews@gmail.com to arrange.

We have no new events for you this week

NON-NSA EVENTS

Non-NSA events are listed just once in the newsletter and a complete list of events can be seen on our [website](#).

Australasian section of the American oil society (AAOCS) biannual conference

WHEN: September 9-11

WHERE: "[The Pier](#)", Geelong Waterfront, VIC

This year's conference aims to look at how far fats and oils research/industry has come as well as to the future to predict where it is heading.

The program will present the latest science and industry updates relating to edible oil and ingredient supply, biotechnology, manufacture of fat-based products, nutritional research, oil analysis, latest developments with omega-3 oils, dairy lipids and other activities that support the industry. Furthermore, planned workshops on spreads/margarine formulation and infant formula lipids, led by international experts, are in planning to occur prior to the conference. The program will be structured to allow delegates to meet colleagues in a social environment to discuss matters of mutual interest.

Abstract submission is now open. Visit the [website](#) for more information and to register.

JOBS

Items in this section are usually advertised once only, but the “ads” remain on our [website](#) until applications are closed.

We have no new job advertisements for you this week

MISCELLANEOUS

Chemistry behind vegetarianism and plant sources of B12

Omnivores have a higher cluster of cardiovascular disease risk factors compared with vegetarians. However vegetarians, and particularly vegans, have lower levels of omega-3 fatty acids and Vitamin B₁₂. This [review](#) summarises the chemistry and biochemistry associated with vegetarianism and lower omega-3 and B₁₂ levels, and potential associated thrombotic and atherosclerotic risk. It is suggested that vegetarians, especially vegans, should increase their dietary n-3 PUFA and vitamin B₁₂ intakes. A good food source of these nutrients is provided by dried purple laver (nori), as reviewed in this [paper](#).

Thank you Andy Sinclair for this item.

[J Agric Food Chem](#). 2011 Feb 9;59(3):777-84. doi: 10.1021/jf103846u. Epub 2011 Jan 4. [Nutrients](#) 2014, 6, 1861-1873; doi:10.3390/nu6051861

Improving the use, reporting and interpretation of epidemiological research

Dorothy Mackerras has recommended this [presentation](#) by David B. Allison from the University of Alabama; proposing it as compulsory viewing for nutrition students, at least: “Strategies to Optimize the Impact of Nutritional Surveys and Epidemiological Studies: Simple Steps That Could Improve the Use, Reporting, and Interpretation of Epidemiological Research.

How much do you understand about food composition databases? What is and isn't working?

This University of Wollongong research student [survey](#) will gather anonymous responses in regards to food composition databases and potential barriers that prevent understanding. The information will be used to help determine the challenges dietitians and nutritionists have about food composition.

NEWSLETTER GUIDELINES

Our newsletters are usually weekly, deadline COB Friday and day of publication usually Monday/Tuesday. Please e-mail items for the newsletter and website to us at nutsocnews@gmail.com.

News of NSA activities has priority. Other items (non-NSA events, jobs, nutrition-related news) are welcome and will be included where space allows: no charge is made for this service. Non-NSA items will only be included once. Items are edited to match “house style” and space – preferred length is 100-150 words. We do not include logos or attachments, but can provide links to websites and/or flyers. Ads for food-related products are not accepted.

Natalie Parletta, Newsletter Editor

Yasmine Probst, Assistant Editor