

NUT-SOC-NAT-NEWS

Vol 11, No 19 (18 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 20 - COB Fri 22 May

No 21 - COB Fri 29 May

Executive summary

NSA News

- ~ NSA-NZ ASM - abstracts open
- ~ Call for NSA Nutritionist Registration applications

NSA regional group events - reminders

- ~ Perth: Is a calorie a calorie?
- ~ Newcastle: The gut microbiome and nutrition

Non-NSA events

- ~ Webinar: Emotional eating

Miscellaneous

- ~ Carbohydrate substitution of plant versus meat protein in type 2 diabetes

NSA NEWS

NSA-NZ ASM - Abstract submissions now open

WHEN: 1-4 December 2015

WHERE: Wellington, New Zealand

Abstract submissions are now available on the conference [website](#). This is a great opportunity to promote your and your students' research. You can go in and amend your submission at any stage up until the 31 July deadline.

NSA Nutritionist Registrations - next round due 1 July

The NSA has established a [Register of Nutritionists](#) to recognise and encourage high standards of professional training in nutrition. Individuals with relevant qualifications, as determined by an experienced committee of senior nutrition scientists from the NSA, can seek validation of the credentials to be placed on this Register.

This is an exciting development that recognises nutritionists with designated qualifications, who abide by the highest standards of professional conduct and the NSA Code of Ethics, and who are committed to ongoing training and professional development.

Ultimately, this initiative will ensure Australians can have confidence in dealing with "registered nutritionists" whose credentials have been validated by the NSA.

The next round of applications is due 1 July. Please click [here](#) for details on how to apply.

NSA REGIONAL GROUP EVENTS - REMINDERS

Perth group - TODAY

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.

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.

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](#).

Webinar: How to address emotional eating

WHEN: May 20 (Wed), 10.00–11.00am AEST

ORGANISER: Education in Nutrition

This presentation will cover:

- What is emotional eating?
- Identifying emotional eating
- Strategies to deal with emotional eating

Dr Kiera Buchanan is registered as both a Clinical Psychologist and a Health Psychologist. She is the founding director of the Brisbane-based Centre for Integrative Health, a multi-disciplinary team of allied health professionals. Her research has focused on eating behavior, weight management and body image. Dr Buchanan's approach acknowledges the important relationship between diet, lifestyle, and psychological factors in achieving eating and weight-management outcomes. Click [here](#) 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.

Nutritionist - NSW

We are looking at taking on a Nutritionist to work out of our Casula clinic. Days and times are flexible and there is plenty of room. We also have a clinic at Woolooware and have several Practitioners working out of both Clinics, so this is always an option as well for the right

Practitioner down the track. Please click [here](#) to access the clinic website and send queries about the position to Nikki Smith. nikki@backtobalance.net.au

MISCELLANEOUS

Carbohydrate substitution with plant versus meat protein in type 2 diabetes

Overweight and obesity are common in type 2 diabetes, and weight gain is associated with adverse outcomes. Recently high protein diets have become a popular choice for weight loss, thought to be related to higher satiety. This longitudinal analysis found that in type 2 diabetes patients, substitution with plant protein was beneficial with respect to weight and all-cause mortality risk, while substitution with animal protein was associated with weight gain and no change in mortality risk. Click [here](#) to read the abstract and access the article.

Thank you Alice for this item.

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. Ads for food-related products are not accepted. 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.

Natalie Parletta, Newsletter Editor

Yasmine Probst, Assistant Editor