



▶ HOT TOPICS:  
FISH, FISH OIL, AND HEART DISEASE



▶ DNS HEADS TO ROYAL WINTER FAIR



▶ CHECK OUT DNS  
ACCOMPLISHMENTS

● DEPARTMENT OF NUTRITIONAL SCIENCES

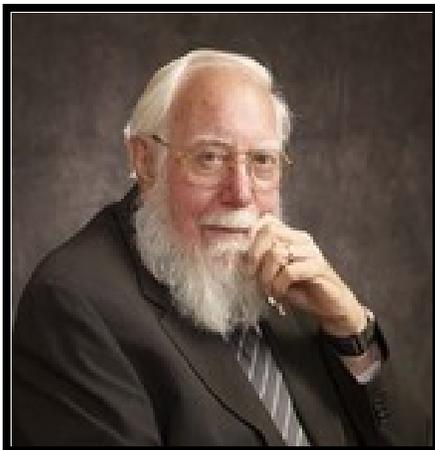
● UNIVERSITY OF TORONTO

# Nutri news

*Nutri-News is issued periodically and features the latest news in the Department of Nutritional Sciences. For more information please contact our Editors at [shirin.panahi@utoronto.ca](mailto:shirin.panahi@utoronto.ca).*

**Fall 2012 EDITION**

## *In memory of Dr. George H. Beaton*



Dr. George H. Beaton passed away peacefully on Monday October 8, 2012 in his 83<sup>rd</sup> year in the Palliative Care Unit at Sunnybrook Hospital following a struggle with cancer. Dr. Beaton left Oshawa to pursue a career in nutrition in the study of vitamin deficiencies and requirements as a professor in Nutritional Sciences at the University of Toronto. He made many contributions to setting dietary requirements aiding in the creation of the Canada Food Guide and working with international organizations (WHO, CIDA) towards improving nutrients in aid for third world countries. He travelled the world extensively for his work and later for pleasure with his wife. In 2009, Dr. Beaton was inducted as an Officer of the Order of Canada in recognition of his lifelong contributions to nutrition. Along with recognition of the Durham School Board as a notable graduate (November 2011), this June he received the Queen's Jubilee medal. The faculty, staff and students of the Department express their deepest sympathy. Dr. Beaton, you will be missed.

## DNS Students Graduate

Friday, November 16<sup>th</sup>, 2012 was an exciting day for many of our DNS graduates as they received their degrees. Congratulations to all of our graduating students who received their Master of Science and Doctor of Philosophy degrees at the Fall Convocation ceremony.

Banaz Al Khalidi (MSc, Vieth lab)  
Jolynn Dickson (MSc, Hanley lab)  
Kathryn Hopperton (MSc, Bazinet lab)  
Sheena Kayaniyil (PhD, Hanley lab)  
Shokoufeh Khodabandeh (MSc, Anderson lab)  
Abigail Liu (MSc, Anderson lab)  
Sarah Orr (PhD, Bazinet lab)  
Abraham Poon (MSc, Anderson lab)  
Jocelyn Sacco (PhD, Tarasuk lab)



Left to right: Abraham Poon, Shokoufeh Khodabandeh, and Abigail Liu.

# ACHIEVEMENTS

## AWARDS

### Vladimir Vuksan receives 2012 World Ginseng Science Award

**Vladimir Vuksan** is the recipient the inaugural World Ginseng Science Award, given by the South Korean government. Dr. Vuksan's research focuses on the development of novel nutritional therapies in the prevention and treatment of diabetes and cardiovascular disease. His group has spent the last 15 years working to establish the long-term benefits of American and Korean ginseng and was the first to show the effect of ginseng on regulation of blood glucose. Dr. Vuksan is a faculty member in the Departments of Medicine and Nutritional Sciences, and a scientist at the Li Ka Shing Knowledge Institute of St. Michael's Hospital.



## UNDERGRADUATE NSERC AND UROP SUMMER STUDENTS PARTICIPATE IN POSTER COMPETITION



**Congratulations to all students for a successful summer of learning and research!**

The winners of the poster competition were:

**Lauren Lin** (Bazinet lab) for her poster entitled, "Hepatocyte-specific knockout of Janus Kinase 2 (JAK2) protects against methionine choline-deficient (MCD) diet-induced steatosis".

**Sarah Shih** (El-Soheemy lab) for her poster entitled, "The effect of disclosing genetic information on dietary intake behaviour".

# ACHIEVEMENTS

## REINHOLD VIETH RECIEVES A RESEARCH AWARD

The Canadian Society of Clinical Chemists (CSCC) is very pleased to announce that the recipient of the 2012 Research Excellence Award is **Dr. Reinhold Vieth**. Dr. Vieth received his award, which is sponsored by Ortho-Clinical Diagnostics, at the 56<sup>th</sup> Annual Meeting of the Society held recently in Quebec City.

## GRADUATE STUDENT AWARDS

**Anny Ly** (Kim lab) was the recipient of the 2012 **Michael Archer Research Award**.

**Sarah Orr** (Bazinet lab) was the recipient of the 2012 **Lilian Thompson Seminar Award**.

## 2012-2013 Awards

### OGS

Jo-Anna Baxter

Adrian Cozma

Bibiana Garcia-Bailo

Vanessa Ha

Luke Johnston

Yunnie Luk

Tracy Moreira

Chelsea Murray

Stephanie Nishi

Christina Wong

Mary Scourboutakos Jingzhou Wang

### NSERC CGS-M

William Yuen

### CIHR VANIER

Mahsa Jessri

### CIHR DOCTORAL

Teri Emrich

## CIHR TRAINING PROGRAM IN PUBLIC HEALTH POLICY AWARD

Teri Emrich

Christina Wong

## CIHR FELLOW IN POPULATION INTERVENTION FROM CHRONIC DISEASE PREVENTION

Teri Emrich

Christina Wong

## CANADIAN BREAST CANCER FOUNDATION

Ashleigh Wiggins

# ACHIEVEMENTS

## PUBLICATIONS

Fernandes J, Vogt J, **Wolever TMS**. Intravenous acetate elicits a greater free fatty acid rebound in normal than hyperinsulinaemic humans. *Eur J of Clin Nutr* (2012) 66, 1029–1034.

**Panahi S**, Luhovyy BL, Liu TT, Akhavan T, **El Khoury D**, Goff, D, **Anderson GH**. Energy and macronutrient content of familiar beverages interact with pre-meal intervals to determine later food intake, appetite and glycemic response in young adults. *Appetite* 2012; Sep 26;60C:154-161. [Epub ahead of print]

**Scourboutakos M, L'Abbé M**. 2012. Restaurant menus - calories, caloric density and serving size. *AJPM*, 43(3): 249-255.

**Shafique S**, Shikder H, Jolly SP, Jalal CSB, **Sellen DW** and **Zlotkin SH**. Reducing infectious morbidity and accelerating linear growth among low birth weight infants with hand sanitizers and nutrition and hygiene education in rural Bangladesh. *FASEB J*. 2012; 26:1031.9.

## POSTER PRESENTATIONS

Jahani R, Glenn AJ, Fielding KA, **Vieth R, Chen JC**, Ward WE, **Comelli EM**. Vitamin D supplementation from conception through adulthood prevents an inflammatory status in healthy CD-1 mice but has no effects in IL-10 knock-out mice. *Connaught Global Challenge International Symposium: Investing in Mothers and Children*, Sept 27-29, 2012. Toronto, ON, Canada.

Jahani R, Glenn AJ, Fielding KA, **Vieth R**, Ward WE, **Comelli EM**. Vitamin D deficiency in utero through adulthood results in an inflammation-prone colonic gene expression profile in healthy CD-1 mice while IL-10 knock-out mice are not responsive. *Digestive Disease Week*, May 19-22, 2012. San Diego, CA, USA.

**Liu A, Smith C, Anderson GH**. Acute Effects of Pulse Powders on Glycaemic Response and Satiety. *Canadian Nutrition Society*, May 23-26, 2012. Vancouver, BC, Canada.

Padda R, Glenn AJ, Li S, Fielding KA, **Chen JC, Comelli EM**, Ward WE. Impact of vitamin D on the postnatal establishment of the gut microbiota in IL-10 knock-out mice. *Connaught Global Challenge International Symposium: Investing in Mothers and Children*, Sept 27-29, 2012. Toronto, ON, Canada.

Singh N, Arioli S, Mora D, Guglielmetti S, **Comelli EM**. Early response of the murine caecum to the probiotic *Bifidobacterium bifidum* MIMBb75 through microRNA modulation. *Digestive Disease Week*, May 19-22, 2012. San Diego, CA, USA.

**Sohana Shafique** (Zlotkin lab) was selected for a poster presentation at the Connaught Global Challenge International Symposium on Investing in Mothers and Children: Developmental Trajectories, Health, Learning and Society at the MaRS Discovery District, Toronto this past September 27-29<sup>th</sup>. Her poster was entitled, “Effect of water-based hand sanitizers plus nutrition and hygiene education to prevent infections and linear growth faltering among low birth weight infants in rural Bangladesh”.

## ORAL PRESENTATIONS

**Diana Sanchez Hernandez** (Anderson lab) was chosen as one of eight finalists to present at the Canadian Nutrition Society conference. Her talk was entitled, “Increased post-weaning vitamin content of the Wistar rat diet modifies brain neurocircuits regulating food intake and reward in male offspring.” Diana was also the recipient of the **Christine Gagnon Memorial Travel Award**.

**Sohana Shafique** (Zlotkin lab) had an oral presentation at the Alive & Thrive Initiative Grantee Workshop funded by Bill and Melinda Gates Foundation and organized by University of California, Davis in Washington DC this past May 27-29<sup>th</sup>. Her presentation was entitled “Novel interventions to prevent linear growth faltering among low birth weight infants in Bangladesh: A community-based cluster randomized control trial”, which was selected as one of the top 8 research projects globally, in the first round of the Alive and Thrive Grants Initiative.

## Fish, Fish Oil and Heart Disease: The Controversy Continues

by Julie Mason



The cardiovascular benefits of omega-3 fatty acid-rich fish oil supplementation have been a recent media focus after the release of a meta-analysis in the Journal of the American Medical Association which demonstrated no benefits.

In the paper published on September 12, 2012, results from 20 randomized clinical trials of over 68 000 patients were combined and showed no significant associations between fish oil supplementation and all-cause mortality, sudden death, myocardial infarction and stroke. However, there was a significant reduction in cardiac death. The authors conclude that there is no justification for the use of omega-3 as an intervention in clinical practice or guidelines.

In contrast, a study by Mozaffarian and Rimm, published in JAMA in 2006, showed a significant 36% reduction in coronary mortality with modest consumption of fish. Taken together, these results suggest that omega-3 intake from fish may have heart health effects and importantly that fish oil supplementation appears to have no harm.

In an interview with NBC Nightly News after the release of the 2012 JAMA paper, Dr. Mozaffarian, cardiologist and author of the 2006 JAMA paper referred to above, stated “I recommend to patients that they eat fish as a first-line measure. If they don’t like fish, or if they really want to be sure they’re getting omega-3s, there’s no harm to taking fish oil, and it certainly might help.”

In addition to omega-3 fatty acids, fish is a rich source of many nutrients including vitamin D, selenium and protein. The American Heart Association and Health Canada among other bodies recommend the consumption of two servings of fish per week. Unfortunately, many North Americans are not meeting this target and therefore efforts to increase fish consumption are needed.

Both articles may be accessed on the Pubmed links provided below:

<http://www.ncbi.nlm.nih.gov/pubmed/22968891>

[http://www.ncbi.nlm.nih.gov/pubmed?term=JAMA.%202006%20Oct%2018%3B296\(15\)%3A1885-99.](http://www.ncbi.nlm.nih.gov/pubmed?term=JAMA.%202006%20Oct%2018%3B296(15)%3A1885-99.)

# NEWS & EVENTS

## Let's Talk Science Volunteers Make Nutrition Fun for Kids at the Royal Winter Fair

by Julie Mason



For the fourth consecutive year, the Department of Nutritional Sciences (DNS) and Let's Talk Science have partnered together to bring science to life at the Royal Winter Agricultural Fair. Led by NSGSA Community Liaison, Ashleigh Wiggins, five volunteers from the DNS presented interactive presentations on the Be Healthy Stage in the fair's Journey to your Good Health section on November 6<sup>th</sup> and 7<sup>th</sup>, 2012. Children had the opportunity to learn about the sugar, sodium and fat content of different foods through hands-on experiments and practicing reading the nutrition facts table. Volunteers were all impressed by the audience's nutrition knowledge in our vitamin and mineral quiz. Over 100 children and youth were reached through this initiative which is the first of many outreach activities planned between the DNS and Let's Talk Science this year.



### Thank you to the volunteers who participated in the activity planning and presentation:

|                  |                  |
|------------------|------------------|
| Ashleigh Wiggins | Kayla Hildebrand |
| Katie Hopperton  | Ingrid Santaren  |
| Stephanie Nishi  | Julie Mason      |
| Matthew Parrot   | Shirley Vien     |
| Chuck Chen       |                  |

# MISCELLANEOUS

## PHD COMICS adapted from phdcomics.com

### YOUR THESIS COMMITTEE

Also known as: an impossibly difficult group to get together in one room but who nevertheless hold your future in their hands depending on their ability to reach a civilized consensus.

JORGE CHAM © 2012



#### Your Professor

Simultaneously your biggest ally and your worst enemy. Will be the first to suggest you do more work.



#### The Guru

Only here for the free cookies. Don't forget to bring cookies.



#### Adversary The Asshole

Has bitter rivalry with your Professor and will argue the exact opposite view. Work this to your advantage.



#### The Strawman/woman

Nice guy.  
No opinions.



#### The Assistant Professor

Still doesn't believe just a few months ago they were on the other side just like you. Pretends to be an adult.

NONE OF THEM WILL ACTUALLY READ YOUR ENTIRE THESIS.

## 2012 Department of Nutritional Sciences Holiday Party

**WHEN:** Thursday, December 13<sup>th</sup>

**TIME:** 5:30-11:30pm

**WHERE:** Debate's Room, Hart House

**TICKETS:** Graduate students \$25 (\$30\*)

Non-grad student guests, research associates and post-docs \$30 (\$35\*)

*\*Ticket prices will increase by \$5 after Thursday, December 6<sup>th</sup>*

Each ticket includes 4 drinks as well as a full buffet dinner. Tickets go on sale Monday, November 19th and can be purchased from Louisa or Emeliana in the main office (Room 316), or from Chuck Chen during seminar.



Editorial Committee (Editors and Writers)

Shirin Panahi

Julie Mason

Dr. Mary L'Abbé, Chair

## Basketeers Wrapping Party

**When:** Wednesday, December 5<sup>th</sup>

**Time:** 12-1pm

Basketeers is an organization that puts together and distributes baskets of household goods to women leaving shelters. Several labs in our department participated in previous years and it was a great success.

To help, you can organize yourselves as a lab or group of friends to design a basket. Baskets are supplied by NSGSA, so you and your group just need to fill them! Please organize your lab or group and let us know which basket you want to fill by email.

We will have a 'wrapping party' on December 5<sup>th</sup> to wrap the baskets and get them ready for delivery. If you have any questions, or need help organizing your group, please contact Yen-Ming at [yenming.chan@mail.utoronto.ca](mailto:yenming.chan@mail.utoronto.ca).

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