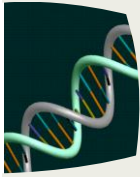




▶ HOT TOPICS:  
NEW SODIUM CALCULATOR



▶ NUTRILYZERS MADE THE SEMI-FINALS



▶ 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).*

*Spring 2013 EDITION*

## RONALD MCDONALD HOUSE: “A HOME AWAY FROM HOME”

By Ashleigh Wiggins



On March 5<sup>th</sup>, 2013, over 15 Department of Nutritional Sciences (DNS) graduate students volunteered with Ronald McDonald House Toronto and put their cooking skills to the test as they prepared a tasty meal for 135 children and families. Ronald McDonald House is an independently owned and operated house that provides a “home away from home” for seriously ill children and their families receiving care at Toronto hospitals. The new Toronto facility is fully equipped with 96 furnished family bedrooms, kitchens, playrooms, cinema, gym and even a school! This allows for families to stay together during their children’s time of need, live normal lives, and avoid the high cost of hotel rooms or being forced to sleep in waiting rooms.

This year’s meal consisted of salad, veggies, garlic bread, pasta, fresh fruit, and a crowd pleasing ice cream sundae bar. Purchasing of the food was made possible by generous donations throughout the year by DNS students and faculty during our NSGSA coffee breaks. We thank you for your support.

For more information on Ronald McDonald House Toronto please visit: [www.rmhtoronto.org/](http://www.rmhtoronto.org/), or to take a look at the students in action view photos at: <http://rmhtoronto.org/Home-for-Dinner-Hosts>

**Volunteers:** Ashleigh Wiggins, Yen-Ming Chan, Julie Mason, Chuck Chen, Maria Fernanda Nunez, Dennis Wang, Allison Komishon, Mukta Wad, Yiwen Liu, Chris Villa, Sudaba Mansuri, Kayla Furlong, Shirley Vien, Lynn Lin, Asmaa Alraefaei, Mahsa Jessri and Kayla Hildebrand

# ACHIEVEMENTS

## SELECTED PUBLICATIONS

Anderson LN, Cotterchio M, **Boucher BA**, **Kreiger N**. Phytoestrogen intake from foods, during adolescence and adulthood, and risk of breast cancer by estrogen and progesterone receptor (ERPR) tumour subgroup among Ontario women. *Int J Cancer*, 132(7):1683-1692, 2013.

**Arcand J**, Mendoza J, Qi Y, Henson S, Lou W, **L'Abbé MR**. 2013. Results of a National Survey Examining Canadians' Concern, Actions, Barriers, and Support for Dietary Sodium Reduction Interventions. *Can J Cardiol*. 2013; 29(5). [Epub ahead of print].

**Boucher BA**, Cotterchio M, Anderson LN, **Kreiger N**, Kirsh VA, **Thompson LU**. Use of isoflavone supplements is associated with reduced postmenopausal breast cancer risk. *Int J Cancer*, 132(6):1439-1450, 2013.

**Cho CE**, **Sanchez-Hernandez D**, Reza-Lopez SA, **Huot PS**, **Kim YI**, **Anderson GH**. 2013. Obesogenic phenotype of offspring of dams fed a high multivitamin diet is prevented by a post-weaning high multivitamin or high folate diet. *Int J Obes (Lond)* [Epub ahead of print].

Krenosky S, **L'Abbé M**, Lee N, Underhill L, Vigneault M, Godefroy S, Ratnayake N. 2012. Risk Assessment of Exposure to Trans Fat in Canada. *Int. Food Risk Anal. J.* 2:1-15.

Lowcock EC, Cotterchio M, **Boucher BA**. Consumption of flaxseed, a rich source of lignans, is associated with reduced breast cancer risk. *Cancer Causes and Control*, 24(4):813-816, 2013.

**Panahi S**, **El Khoury D**, Luhovyy BL, Goff HD, **Anderson GH**. 2013. Caloric beverages consumed freely at meal-time add calories to an ad libitum meal. *Appetite*; 65: 75-82.

**Scourboutakos MJ**, **L'Abbé MR**. 2013. Sodium Levels in Canadian Fast Food and Sit-down Restaurants. *Can J Pub Health* 104:e2-e8.

**Schermel A**, **Emrich TE**, **Arcand J**, **Wong CL**, **L'Abbé MR**. 2013. Nutrition Marketing on Processed Food Packages in Canada: 2010 Food Label Information Program. *Appl Physiol Nutr Metab*. Published on the web 28 January 2013, 10.1139/apnm-2012-0386.

## POSTER PRESENTATIONS

**JoAnne Arcand** presented a poster entitled, "Sodium levels in foods served in Ontario hospitals" at the Ontario Hospital Association: Nutrition and Food Services in Health Care Organizations Conference on March 21, 2013.

## ORAL PRESENTATIONS

**Mary Scourboutakos** presented a talk entitled, "Sodium levels in Canadian restaurant foods. Canadian Hypertension Congress in Toronto on October 27, 2012.

## AWARDS

**Mary Scourboutakos** (L'Abbe lab) was the recipient of the CIHR Vanier Scholarship and the 2012 Canadian Hypertension Congress Trainee Travel Award.

**Julie Mason** (Thompson lab) was the recipient of the CIHR Institute for Cancer Research, Institute Community Support Program Travel Award

# HOT TOPICS

## How much sodium do you eat? There is a calculator for that.

by JoAnne Arcand

**BIG LIFE SALT CALCULATOR** beta

All salt has a lot of sodium and it is in most of the foods we eat – a lot in some and a little in others. Answering the following questions will help you determine how much sodium you consume each day.

**ABOUT YOU**

Age:  (4 and up)

Sex

Male

Female

**First tell us how often you eat in restaurants**

**EATING OUT**

**Lunch/dinner from quick-service or fast-food restaurants (eat-in or take-out)**  
e.g., Tim Horton's, Subway, McDonald's, Starbucks, Pizza Pizza, privately-operated cafes and cafeterias.

Daily Weekly Monthly

1  5-6  2-3  Never

3-4  1 or less

1-2

**Lunch/dinner from table-service restaurants (eat-in or take-out)**  
e.g., Swiss Chalet, Pizza Hut, Cora's, East Side Mario's, privately-operated restaurants like fine dining, Chinese Indian or Thai restaurants.

A large proportion of Canadians consume sodium levels that exceed recommendations. However, when it comes to sodium, most Canadians think their personal sodium consumption is lower than the population average. Many also still believe that they consume low amounts of sodium because they do not add salt to their food at the table or during cooking, when in fact the majority of sodium comes from processed and prepared foods.

To debunk these myths and to personalize the amount and sources of sodium in the diet, JoAnne Arcand (Postdoctoral Fellow) and Mary L'Abbe from the Department of Nutritional Sciences and Doug Manuel (Ottawa Hospital Research Institute, Institute for Clinical and Evaluative Sciences) developed a Salt Calculator.

In 23 questions and less than 5 minutes, the Calculator helps consumers and health professionals rapidly assess the amount of sodium a person is consuming and the main sources of sodium in the diet. It then compares these values with age-specific sodium recommendations.

The calculator was developed based on Canadian eating patterns and food supply information. Questions were based on the foods that contribute the most sodium to the Canadian diet. The background calculations use the average serving size for 13 different age and sex groups, as determined from analysis of the Canadian Community Health Survey (CCHS) cycle 2.2. Information on sodium levels in Canadian grocery and restaurant foods were taken from databases in Dr. L'Abbe's laboratory, which included an analysis of sodium levels in 20,000 restaurant and grocery foods (2010/11). The median sodium levels weighted by the number of products in a given food category were used.

The Calculator was released on March 8<sup>th</sup>, 2013 and over 25,000 calculations were completed during the first week. The Calculator and a longer sodium-focused food frequency questionnaire, presently being developed, will be validated against reference measures in the Fall of 2013. For more information, please visit [www.projectbiglife.ca](http://www.projectbiglife.ca).

# NEWS & EVENTS

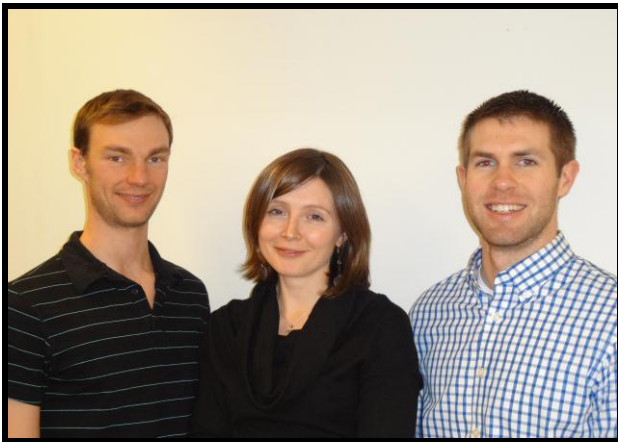
## Let's Talk Science Sandy Lake Project

### Energy Drinks and Sport Nutrition

By Adam McKillop

Let's Talk Science (LTS) St. George Campus at the University of Toronto and the *Sandy Lake Health and Diabetes Project* (SLHDP) have been at it again!

This past December, the Sandy Lake *Diabetes Prevention Project* (DPP; under SLHDP) invited the *Let's Talk Science Sandy Lake* (LTS SL!) *Aboriginal Outreach Project* to participate in their weekly DPP Radio Show. The DPP asked *LTS SL!* to assist them in raising awareness about potential deleterious side effects of energy drink consumption, to discuss the pros and cons of using artificial sweeteners, and to provide nutritious and practical sport nutrition ideas to prepare athletes for an activity or sporting event.



Guests invited to participate in the DPP Radio Show included:

**Shannan Grant**, RD, MSc (DNS PhD Candidate, SLHDP member, and LTS SL! Aboriginal Outreach Project Coordinator)

**Evan Lewis**, MSc, Kinesiologist, Certified Strength Conditioning Specialist (DNS PhD Candidate, LTS Volunteer)

**Adam McKillop**, MSc (PhD Candidate in the Institute of Medical Science/SickKids Hospital, LTS volunteer, LTS SL! Aboriginal Outreach Project Coordinator)

This trio pooled their expertise in the area of sport nutrition and exercise science to answer questions presented by the radio show hosts: Gary Manoakeesic and Starsky Goodman, SLHDP DPP Coordinators and Community-based LTS SL! Camp Coordinators. The main concerns voiced by the community, according to Gary and Starsky, included: 1) overconsumption of energy drinks among children, youth and those involved in organized sport, 2) proper pre and post activity nutrition, and 3) artificial sweetener use among people living with diabetes or weight control issues. Evan, Shannan and I worked with Gary and Starsky to ensure that all information presented on the show was practice-based and supported by research and/ or clinical practice guidelines.

As a new member and leader on the LTS SL! Aboriginal Outreach Project, I would like to express my thanks for being invited to become part of this partnership between LTS and SLHDP. Programs like LTS SL! truly bring knowledge to action.

To learn more about LTS or the SLHDP, please visit the following links:

LTS: [www.letstalkscience.ca](http://www.letstalkscience.ca)

SLHDP: <http://www.sandylakediabetes.com/>  
<http://www.sandylake.firstnation.ca/>



# NEWS & EVENTS

## DNS GRADUATE STUDENTS ON THE STEVEN AND CHRIS SHOW

On Wednesday, March 6<sup>th</sup>, 2013, 15 DNS students joined the CBC studio audience see fitness and diet expert Tosca Reno speak on the Steven and Chris show.

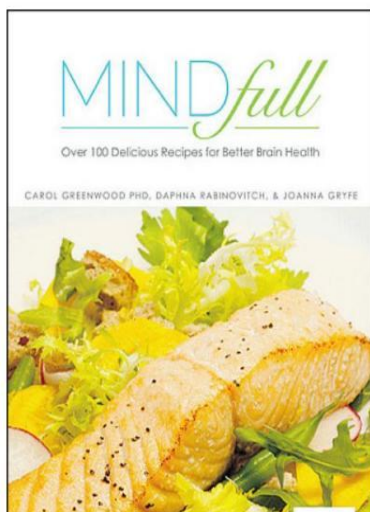
Tosca Reno, famous for her Eat-Clean Diet book series, talked about decoding food labels and answered some nutrition and fitness-related questions from the audience after her segment.



## NUTRILYZERS MADE THE SEMI-FINALS

This year, the DNS intramural volleyball team, also known as the **Nutrilyzers**, enjoyed a great season of fun and games. On Monday, April 8, 2013, graduate students from DNS played an intense game against the 2nd seeded 'Alpha Hitters & Beta Sets' in the Graduate Student Union Intramural Quarter-Finals after placing 11<sup>th</sup> amongst 25 teams in the regular season. Congratulations to all Nutrilyzers for making it so far in the playoffs and for another great year!

**From left to right:** Julie Mason, Matthew Parrott, Ashleigh Wiggins, Pedro Huot, Shirin Panahi, Barkha Patel. **Missing from photo:** Chris Smith, Dennis Wang, Stephanie Nishi, Joanna Warzyszynska, Rachel Pettapiece-Phillips, and Anthony Dominichiello.



## MINDfull: translating research findings into practical applications

DNS Professor, Dr. Carol Greenwood, along with co-authors Daphna Rabinovitch and Joanna Gryfe, recently released *Mindfull* a collection of over 100 brain healthy recipes. Amongst the recipes, with contributions from Canadian celebrity chefs including Mark McEwan and Michael Smith, Dr. Greenwood pairs scientific information on nutrition and brain health with practical advice for the home cook.

Mindfull is currently available as an ebook (follow the links at: <http://www.baycrest.org/mindfull/>). Don't have an e-reader? It will be published by Harper Collins and the paper format will be available in May or June.

# NEWS & EVENTS

2013

## DEPARTMENT OF NUTRITIONAL SCIENCES ALUMNI ASSOCIATION CAREER PANEL NIGHT

Chaired by Joanne Brathwaite, Consumer Product Safety Officer, Health Canada  
Compiled by Chuck Chen, Kathryn Hopperton and Lauren Lin

On Thursday February 28th, the Department of Nutritional Sciences Alumni Association hosted a career panel for DNS graduate and undergraduate students. On the panel were **Carol Dombrow (left)** - Senior Nutrition Advisor, Health Check and Nutrition Consultant, Heart and Stroke Foundation of Canada and Ontario; **Lucia Weiler (right)** - President, Weiler Nutrition Communications Inc.; and **Colin Farnum (centre)** - Senior Director, Innovation and New Technologies at Maple Leaf Foods. The panelists gave very candid talks about their career paths and answered student questions about employment in Nutritional Sciences Fields. The panelists then joined the students at a wine and cheese networking reception where they provided further advice and shared their optimism. Here is a look at what some of the attendees thought of the event:



"The DNSAA Career Panel Night was a very important and useful event. It was great to get insight into various career paths from alumni of our department working in diverse areas of nutritional sciences. The panel provided practical advice regarding the skills and experience that are being sought in applicants to their company/organization. This will be useful in seeking out opportunities for skill development as I complete my degree and in preparing job applications."

- Julie Mason, Ph.D Candidate



"It is nice to see that graduate studies and professional schools are not the only ways to get a good job. As nutrition students there are lots of opportunities to achieve high level positions. It was also good to hear about ways to gain experience and knowledge while in school that will prepare you for the workforce. There are lots of opportunities to find a job that fits your lifestyle, where you begin is not necessarily where you will end up!"

- Lin Lin, Ph.D Student

"Interesting people, encouraging experiences, delicious food and drinks!"

- Dennis Wang, M.Sc Student

"The DNSAA Career Panel Night was very informative on the possible paths there are in the food industry, but also highlighted the different roles that a dietitian can play. It really highlighted that marks aren't everything and that we should focus on other skills such as teamwork and leadership."

- Charles Ko, Undergraduate Student



"I really enjoyed the DNSAA Career Night on February 28, 2013. The speakers were exceptional, and it was very helpful to hear about their knowledge and experiences in the food industry. I learned a lot about the career options I have after graduating from U of T's Nutritional Sciences program, and I was especially intrigued by the careers in consulting. This event played a huge role in my current plan to pursue Dietetics as a career! Thanks very much to the speakers - I really hope this event continues in future years because it was very inspirational!"

-Christine Tsilas, Undergraduate Student

"I think one of the largest sources of angst in the undergrad world is being unsure of what lies beyond graduation. It's sort of like reaching the edge of a cliff, and not knowing where to go from there. The stories and advice provided by the alumni panelists at the DNSAA Career Panel Night were not only re-assuring, but truly inspiring. Hope to see more events like these in the near future!"

-Lauren Lin, Undergraduate Student



Want to get involved in the DNS Alumni Association and help make these events happen?  
Please contact Morgan Tilley ([Morgan.Tilley@utoronto.ca](mailto:Morgan.Tilley@utoronto.ca))





**2012-2013  
DNS ALUMNI ASSOCIATION BOARD**



## Nutritional Sciences UNIVERSITY OF TORONTO

**Left to right:** Kathryn Hopperton (*graduate student rep*), Fiona Wallace (*9T3*), Lauren Lin (*undergraduate student rep*), Chuck Chen (*graduate student rep*), Joanne Brathwaite (*1T1*), Beatrice Boucher (*alumni rep*), Carole Cooper (*7T5*), Morgan Tilley (*Alumni Relations; Faculty of Medicine*)

### The New DNSAA Board: A Coalition of the Willing! By Fiona Wallace

#### Summary of key accomplishments of the new DNSAA Board over the past 12 months:

- The creation of the full DNS Alumni Association Executive Board and the establishment of Terms of Reference document, which sets the framework for ongoing board activities.
- Increasing student/alumni/faculty dialogue within the DNS.
- Kicking off of the DNS Alumni-Student Mentorship Program.
- Helping to support and present the alumni sponsored student awards at the ever popular Alumni sponsored Edna Park Lecture in November.
- Creating and rolling out a student survey on past careers night's events, and using this information to design a successful alumni sponsored careers night for both undergraduate and graduate students.
- Successfully obtaining funding for careers night/mentorship program through the highly competitive U of T Pillar sponsorship program.
- Greater representation for the department at the Faculty of Medicine's Alumni Council, and also at the larger University of Toronto's Alumni Council of Presidents. Providing a voice for the DNS and sharing insights on alumni activities with other departments.
- **The organisations of two alumni networking night lectures:**

**May 2012:** Dr. Ahmed El-Sohehy gave a fascinating talk on Nutrigenomics. This was very well attended by alumni, students, and U of T faculty.

**May 2013:** The next alumni networking night lecture will take place on **May 23rd**. Dr. Anthony Hanley will speak about the emerging health issues in the Aboriginal community.

*All in all, the new DNSAA Board had a very successful and busy year. Thank you to all the board members for their ongoing enthusiasm and support. It has been fun! We hope to start a LinkedIn group soon and welcome Maria Fernanda Nunez to the board who joined in April.*

**Interested in joining us?** Please contact Fiona Wallace, DNSAA President ([fiona1wallace@gmail.com](mailto:fiona1wallace@gmail.com)), or Morgan Tilley, Alumni Relations Office ([morgan.tilley@utoronto.ca](mailto:morgan.tilley@utoronto.ca)).

#### 2012 EDNA W. PARK LECTURE

On November 15, 2012, U of T Household Science and Nutritional Sciences alumni, together with faculty, students and health professionals, gathered together for the 2012 Professor Edna W. Park Lecture.

This annual lecture was established by alumni in 1974 to honour Professor Park, who was a distinguished alumnus of the Household Science program at the University of Toronto, and a faculty member of the same department for more than 43 years.

The guest speaker was **Dr. William R. Leonard**, Professor and Chair of Anthropology, Director of Global Health Studies, Department of Anthropology, Northwestern University, Evanston, Illinois, USA. Dr. Leonard's topic was: *"What did humans evolve to eat? Human nutritional health in comparative perspective."*

Dr. Mary L'Abbe, Earle W. McHenry Professor, and Chair, Department of Nutritional Sciences opened the evening by welcoming those in attendance, and presenting a number of student awards. Carole Cooper provided a brief history of the lecture. Dr. Harvey Anderson introduced the guest speaker.

Dr. Leonard provided an interesting view of how dietary change was a significant impact on human evolution, with improvements to dietary quality accompanied by evolutionary brain growth.

Attendees were able to continue lively discussions regarding the topic and to catch up with friends, colleagues and fellow alumni at the reception which followed the lecture.

#### DNS MENTORSHIP PROGRAM

About 18 months ago, the Department of Nutritional Sciences decided that there was a need in the department for a mentorship program between alumni and students when the students told the department that they wanted someone to talk to on a one-on-one basis who could provide advice and guidance about the field of nutrition.

The DNSAA got to work and recruited alumni and students to participate in the program. At first, we thought that a dozen matches would be a great start for the program. We were pleasantly surprised when we ended up with 28 matches! More than double of our goal. Matches were made over the summer and the program kicked off with an info session and reception in September. This event brought all the participants together for the first time.

Students and mentors have been meeting regularly and we know through regular feedback from both that they are finding the program helpful.

The final event of the academic year will take place at our annual Alumni Networking Lecture on May 23<sup>rd</sup>. The program has also been successful in gaining support under the U of T Pillar Sponsorship program which is supported by Manulife Financial.

Alumni mentors are making a difference in the department and helping the next generation of DNS graduates to find their career path.

**Are you an alumna/us who may consider being a mentor? We're recruiting now! Please contact Morgan Tilley ([morgan.tilley@utoronto.ca](mailto:morgan.tilley@utoronto.ca))**



#### LECTURE & NETWORKING EVENT

### *The Emerging Epidemic of Chronic Disease among Aboriginal Canadians: Nutritional Considerations*



*Presented by:*

**Dr. Anthony Hanley, PhD**

Associate Professor,  
Departments of Nutritional Sciences,  
Medicine and Dalla Lana School of  
Public Health,  
Canada Research Chair in Diabetes  
Epidemiology

**Join us afterward for an opportunity to network with fellow DNS alumni, faculty and students during a wine and cheese reception.**

**When:** Thursday, May 23rd, 2013.

*The lecture will begin at 6:30pm.*

*The Wine and Cheese reception will be held from 7:30pm – 8:30pm.*

**Cost:** \$5 at the door

**Location:** Health Sciences Building (155 College Street) Room 106

**RSVP:** Online at

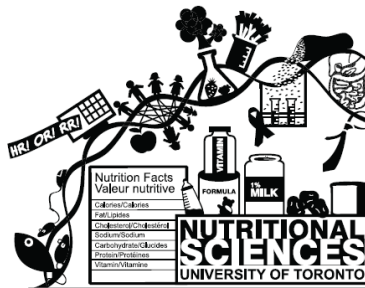
"[http://my.alumni.utoronto.ca/alumni\\_lecture\\_2013](http://my.alumni.utoronto.ca/alumni_lecture_2013)" or by phone (416) 978-7142 by May 17th, 2013

# DNS CLOTHING ON SALE NOW!

Want to show your DNS pride?

DNS t-shirts and hoodies are on sale until April 29th!

T-shirts and Hoodies are available in men's and women's sizes in a variety of colours. All will feature our customized NSGSA front crest and back DNA design.



The T-shirts are on sale for \$20 and the hoodies for \$40. Ordering details and more information on colours and sizing can be on our website ([nsgsa.sa.utoronto.ca](http://nsgsa.sa.utoronto.ca)).

If you have any questions, please contact the Social Rep., **Ahmed** at ([ahmed.aldughpassi@mail.utoronto.ca](mailto:ahmed.aldughpassi@mail.utoronto.ca)).

Be sure to act quickly, *the sale ends on Monday April 29th at noon!*



## 2013-2014 ELECTIONS

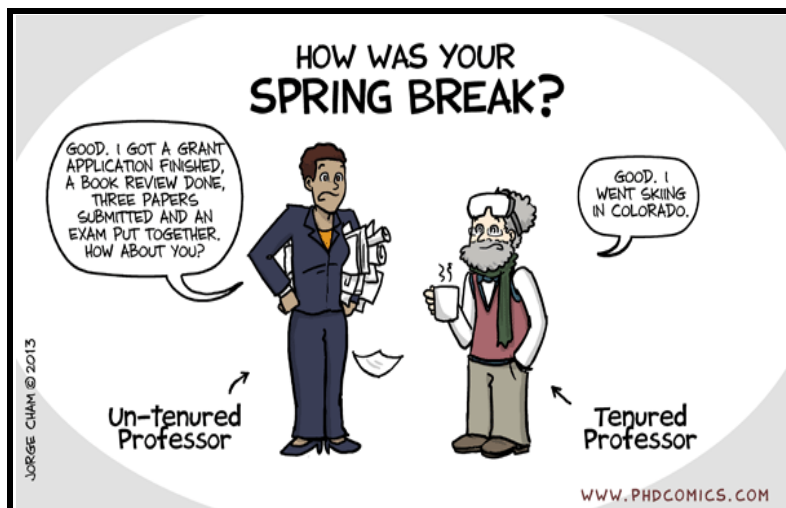
The Nutritional Sciences Graduate Students' Association will be accepting nominations for the 2013-2014 executive positions starting May 1<sup>st</sup>, 2013! Whether you are a new grad student or a seasoned veteran, we encourage you to get involved and contribute to making the DNS a great place to be.

### Electoral Positions:

President & Vice President or Co-presidents  
 Social Representative  
 Secretary  
 Community Liaison (2 positions)  
 CUPE Representative

GSU Representative  
 Hospital Representative  
 Faculty of Medicine Representative  
 Mentorship Representative  
 Webmaster

**Full position descriptions and nomination instructions will be sent to students via email starting May 1<sup>st</sup>, 2013. If you have questions about this process or about the position details, please email Chuck Chen at ([tzuhuan.chen@mail.utoronto.ca](mailto:tzuhuan.chen@mail.utoronto.ca)).**



PHD COMICS  
 adapted from  
[phdcomics.com](http://phdcomics.com)



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