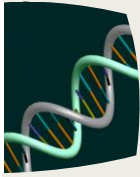




▶ HOT TOPICS:  
BRAZIL'S DIETARY GUIDELINES



▶ DEPARTMENT OF NUTRITIONAL  
SCIENCES ALUMNI ASSOCIATION  
UPDATE



▶ 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 [julie.mason@mail.utoronto.ca](mailto:julie.mason@mail.utoronto.ca).*

Spring 2014 EDITION

## DEPARTMENT OF NUTRITIONAL SCIENCES AT THE ROYAL AGRICULTURAL WINTER FAIR

Article by Stephanie Nishi, NSGSA Community Liaison 2013-2014

From November 5<sup>th</sup> to 7<sup>th</sup>, 2013, the NSGSA ran a nutrition booth at the Royal Agricultural Winter Fair (RAWF) in partnership with Let's Talk Science (LTS). This marked the 5<sup>th</sup> year that the NSGSA partnered with the RAWF, this time as part of their brand new *aMAZEing food journey* exhibit.

The RAWF is the largest indoor agricultural fair in the world. It brings together farmers, their livestock, chefs, and a multitude of others involved in getting food from the farm to our tables. The aim of the *aMAZEing food journey* was to entertain and engage the approximately 300,000 attendees who attend the RAWF each year via hands-on and interactive activities showcasing the diverse aspects of nutrition and the agri-food sector.

The NSGSA and LTS booth featured four activities: Nutrivia, in which participants could test their level of nutrition knowledge, the Food Group Ball toss, in which participants learned about different foods and how they fit in Canada's Food Guide, the Energy Balance, in which participants learned about calories and how to balance them with activity, and the Sugar and Sodium Sleuths, in which attendees learned how to use the nutrition facts table to rank foods from most to least sugar and sodium. Not only did the wonderful NSGSA and LTS volunteers receive positive feedback from the participants and community event organizers, but this event also enabled us to share some of our nutrition knowledge; as well as debunk few nutrition misconceptions along the way.

**Many Thanks to our Amazing Volunteers:** Effie Vigiliouk, Lauren Lin, Katie Hopperton, Ingrid Santaren, Carly Visentin, Sarah Stewart, Maxine Seider, Sabrina Janes, Kayla Hildebrand, Jieun (Grace) Lee, Sandhya Mylabathula, Danielle Kenney, Chuck Chen, Rachael Pettapiece-Phillips



# ACHIEVEMENTS

## SELECTED PUBLICATIONS

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## AWARDS

**Dr. Joanne Kotsopoulos** was awarded the Canadian Cancer Society Career Development Award in Prevention.

**Rachael Pettapiece-Phillips** (Kotsopoulos lab) was awarded the Department of Medicine Graduate Student Award.



**Dr. Thomas Wolever** was the recipient of the Senior Sustained Excellence in Graduate Teaching Award. The Office of the Vice Dean, Graduate and Life Sciences Education recognized them for their commitment to supervising and mentoring graduate students, developing curriculum, and supporting departmental, faculty and university-wide graduate activities.



The Office of the Vice Dean, Graduate and Life Sciences Education has recognized **Dr. Vladimir Vuksan** for his dedication to graduate student mentorship with the Graduate Student Mentorship Award. Dr. Vuksan has made major contributions to graduate student learning by mentoring students through all aspects of their research.

## Brazil's new approach to dietary guidelines

By Julie Mason

The Brazilian government has recently issued updated dietary guidelines which have taken a dramatic step away from the traditional approaches used in other countries. In stark contrast to the nutrient-focused Canadian and American dietary guidelines which are developed to meet Dietary Reference Intakes and feature recommended numbers and sizes of servings from various food groups, the Brazilian dietary guidelines focus on meals and healthy eating behaviours. A noteworthy feature of the guidelines is the recommendation to be critical of food industry advertising. This point curtails common criticism of the influence of the food industry and lobbyists on the development of dietary guidelines. The guidelines, which are available in Portuguese, are being celebrated in the media and by “celebrity” nutrition scientists and physicians including Marion Nestle and Yoni Freedhoff. It will be interesting to see the long term impact of this approach to dietary recommendations on nutrition-related disease incidence in Brazil.

For more information see:

<http://www.foodpolitics.com/2014/02/brazils-new-dietary-guidelines-food-based/>

<http://www.weightymatters.ca/2014/03/guest-post-are-brazils-new-national.html>

### 10 key points in Brazil's proposed guidelines

1. Prepare meals using fresh and staple foods.
2. Use oils, fats, sugar and salt in moderation.
3. Limit consumption of ready-to-eat food and drink products.
4. Eat at regular mealtimes and pay attention to your food instead of multitasking. Find a comfortable place to eat. Avoid all-you-can-eat buffets and noisy, stressful environments.
5. Eat with others whenever possible.
6. Buy food in shops and markets that offer a variety of fresh foods. Avoid those that sell mainly ready-to-eat products.
7. Develop, practice, share and enjoy your skills in food preparation and cooking.
8. Decide as a family to share cooking responsibilities and dedicate enough time for healthy meals.
9. When you eat out, choose restaurants that serve freshly made dishes. Avoid fast-food chains.
10. Be critical of food-industry advertising.

Source: Guia Alimentar Para a Populacao Brasileira (2014); translated for the Globe and Mail



# NSGSA Update

## DNS was "Home for Dinner" at Ronald McDonald House

By Stephanie Nishi, NSGSA Community Liaison 2013-2014

On March 11th 2014, graduate students from the DNS spent the evening in the kitchen putting our cooking skills to the test. Led by Yen-Ming Chan, our DNS graduate students volunteered their time to prepare, cook, and serve a 3-course meal at Ronald McDonald House for over 100 people. On the menu was a choice of Caesar or garden salad, with "banging" burritos, and ice cream sundaes.

Ronald McDonald House provides a "home away from home" for families with children being treated at the Hospital for Sick Children. Not only does Ronald McDonald House offer a cozy place to stay for out-of-town families during their child's stay or during treatment time, they also provide specialized programs and support services to help bring joy and normalcy back into everyone's lives. One of these programs is the *Home For Dinner* program, which aims to take the stress out of meal preparation and helps to ensure families have a healthy meal to look forward to at the end of the day. Being a part of this event was a great opportunity to spend time with fellow DNS members, as well as be able to break bread with the staff and families at Ronald McDonald House and hear their inspiring stories.

This meal was made possible by the donations from our monthly Coffee Breaks and all the amazing volunteers. Thanks to all those who offered their time to make this event a success!



**Back Row From Left to Right:** Hoang (Thanh) Ho, Yen-Ming Chan, Kayla Furlong, Lin Lynn, William Yuen, Daiva Nielsen, Chuck Chen, Ashleigh Wiggins, Allison Komishon, Fei (Rodney) Au-Yeung, Carly Visentin, Stephanie Nishi

**Front Row from Left to Right:** Rachael Pettapiece-Philips, Sabrina Janes, Lauren Lin, Lindsay Komishon

**Missing from photo:** Katie Hopperton, Jieun (Grace) Lee

# NSGSA Update

## DNS Holiday Party

By Ingrid Santaren, *NSGSA Social Representative* and Katie Hopperton *NSGSA Co-President 2013-2014*

It was a night of high spirits and merriment as students, faculty, staff and guests gathered for the NSGSA's annual holiday party on December 13, 2013. Not only was the party filled with great food, drinks, holiday music, and conversation, the event was also an occasion to reach out to the community. Stephanie Nishi and Rachel Pettapiece-Phillips of the NSGSA organized a collection of food and cash donations for the Daily Bread Food Bank. Guests received tickets for each donation for a chance to win raffle prizes. In addition to the food drive, the NSGSA also prepared an open letter to our local politicians advocating for improved policies to address the high rates of food insecurity in Canada. The letter was intended as complement to the food drive as a way to direct our efforts towards both the symptoms and the cause of food insecurity. Guests had the chance to read over and sign in support of the letter at the party. Since submitting this letter, responses expressing support have been received from our local MP and MPP.



The NSGSA would like to thank everyone for their donations. About 75 food items were collected, and we also received cash donations. Winners of the raffles prizes, Cadbury gift baskets, were Rachael Pettapiece-Phillips and Carly Visentin. The NSGSA would like to thank everyone for their support, Kathryn Hopperton for the open letter, Lauren Lin for photos of the event and Ingrid Santaran for planning the event.





# NEWS & EVENTS

## Vegan Food: Simply Cook and Enjoy!

By Vivian Choo

This year's Nutrition Month theme was "Simply Cook and Enjoy". To celebrate, the Nutritional Sciences Student Association (NSSA) teamed up with Registered Dietitians and staff from the Department of Nutritional Sciences (DNS) to hold a vegetarian cooking event. This event featured delicious and nutritious vegetarian recipes that can be made on a student budget, food demos, taste tests and much, much more.

The event kicked off with an informative presentation on the different variations of the vegetarian diets and an overview of research conducted by DNS on foods considered to be staples in the vegetarian's diet (e.g. soy, pulses etc.). This presentation was followed by an interactive cooking demonstration and tasting led by Andrea Glenn, MSc, RD and Maria Fernanda Nunez, MSc. The menu featured a full day of vegetarian meal ideas (menu presented in Figure 1) provided by Shannan Grant, RD, MSc, Rebecca Noseworthy, RD, MPH and Maxine Seider, MSc. My favourite recipe was the decadent tofu chocolate mousse we had for dessert! This sweet treat was so delicious you would never know it was made with tofu! Most of those attending the event were first-timers to vegetarian cuisine and were pleasantly surprised by how simple and tasty vegetarian cooking could be. Along with filling their bellies, students filled their brains with nutrition knowledge of the health benefits of many of the ingredients used. Andrea and Maria shared cooking tips and tricks, including how to properly store tofu and the secret behind perfectly julienned vegetables. Vegetarian or not, everyone that attended this event was able to enjoy good food and great company over an eye-opening and tongue-pleasing taste of vegetarianism.

A big thank you to Shannan Grant, Rebecca Noseworthy, Maxine Seider, Andrea Glenn and Maria Fernanda Nunez for developing the education and recipes and overseeing the logistics for this event.

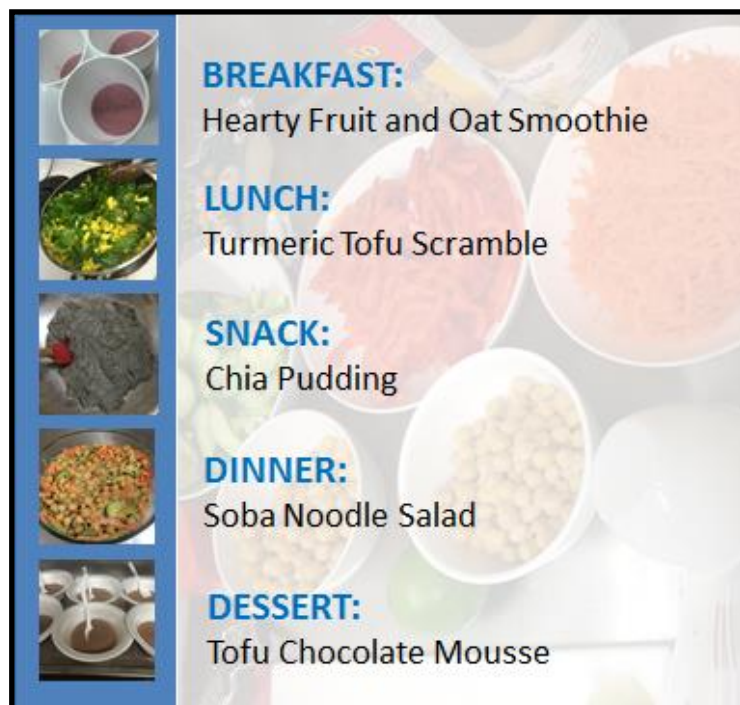


Figure 1: Our Vegan Menu



From left to right: Andrea Glenn, Maria Fernanda Nunez, Maxine Seider, Rebecca Noseworthy, Shannan Grant.

Oct-2013  
EDNA PARK LECTURE



This year's Edna Park lecture took place on October 31st 2013 and featured Dr. Cutberto Garza, outgoing Provost and Dean of Faculties at Boston College. Dr. Garza served as director of the Division of Nutritional Sciences at Cornell from 1988 to 1998 and again from 2003-2005. He was Vice Provost at Cornell from 1998 to 2000. He chaired the 1999 U.S. Dietary Guidelines Advisory Committee and served as chair of the Food and Nutrition Board of the Institute of Medicine from 1996 to 2002, as well as having served on numerous national and international advisory groups. This year, Dr. Garza is spending the academic year at Johns Hopkins University's Bloomberg School of Public Health and George Washington University's Milken Institute School of Public Health as a visiting professor. His lecture was entitled "Growth Standards: a new paradigm's early lessons". It covered Dr. Garza's involvement in the development and promotion of the new WHO international standards for infant and child growth. The talk was well received by all attendees and produced a lively discussion in the question period.

THE EDNA PARK LECTURE WAS ESTABLISHED IN 1974 BY THE HOUSEHOLD SCIENCE ALUMNI ASSOCIATION TO HONOUR PROFESSOR EDNA PARK FOR HER LIFETIME COMMITMENT TO THE FIELD OF HOUSEHOLD SCIENCES. IN THE 40 YEARS SINCE ITS INCEPTION, THE EDNA PARK LECTURE HAS SERVED AS A WONDERFUL OPPORTUNITY FOR DNS STUDENTS AND STAFF TO COME TOGETHER WITH ALUMNI OF HOUSEHOLD SCIENCE, FOOD SCIENCE AND NUTRITIONAL SCIENCES AND BOND OVER A SHARED INTEREST. IT REMAINS ONE OF THE MOST POPULAR AND WIDELY ATTENDED EVENTS IN THE DNS.

2014-Feb  
CAREER PANEL NIGHT



On February 20th, the Department of Nutritional Sciences Alumni Association hosted the 4th annual Career Panel Night for DNS graduate and undergraduate students. On the panel were **Joanne Brathwaite** – Consumer Product Safety Officer from Health Canada; **Sue Mah** – President, Nutrition Solutions Inc.; and **Phyllis Tanaka** – Senior Advisor, Food and Nutrition, Food & Consumer Products of Canada. The night was filled with candid advice and talks from the panelists about their career paths and enthusiasm from students. The memorable perspectives from the panelists inspired the students in the pursuit of careers in Nutritional Sciences.

JOANNE  
BRATHWAITE

PHYLLIS  
TANAKA

SUE  
MAH





# 2013-2014 DNS MENTORSHIP PROGRAM



Almost two years into the DNS Mentorship Program and it is continuing to be a successful endeavor for everyone involved.

This year we had 27 matches. Matches were made over the summer of 2013 and the program kicked-off with an info session and reception in September. This event brought almost all the participants together for the first time and also featured a speaker, Alison McLean, Country Business Manager, HealthCare Nutrition for Nestlé Health Science, Canada. Alison spoke about how her experiences with mentorship in the nutrition industry have positively impacted her career and also how to establish and maintain successful mentorship relationships.

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

Thanks to funding from the University's Pillar Sponsorship program which is supported by Manulife Financial, this year the Mentorship Program was able to host a holiday get together at Hart House. Mentors and Mentees were able to network with each other over a sit down dinner. The seating plan was switched up after each course, allowing people to interact with all attendees during the evening. This was a fantastic opportunity to bring everyone together in a more social setting and something the program hopes to continue going forward.



Thank you to all of the alumni mentors who are helping the next generation of DNS graduates navigate their career path. If you are an alumna/us who is interested in being a mentor, please contact **Morgan Tilley** ([morgan.tilley@utoronto.ca](mailto:morgan.tilley@utoronto.ca)), Alumni Relations Coordinator for more information.

Why participate? Find out at [http://youtu.be/5a4DQA\\_CTE4](http://youtu.be/5a4DQA_CTE4)

*We are currently recruiting participants for the 2014 – 2015 academic year.*



Nutritional Sciences  
UNIVERSITY OF TORONTO

 **Manulife Financial**

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# Arbours Award

## CAROLE COOPER



Carole Cooper has been a fantastic supporter of the Department of Nutritional Sciences (DNS) over the years and has led many Alumni Relations activities. She has been a dedicated volunteer who sat on the original DNS Alumni Association as well as the new, revitalized one. She assists each year with the Department's Spring Reunion luncheon, welcoming classes of alumni and updating them on current alumni relations activities. She's also been a champion of the Edna Park lecture, an annual alumni lecture held by the department, and has been an integral part of the event for over a decade, presenting awards to students and addressing the attendees.

Carole's dedication and passion for the Department has made her an invaluable part of the DNS community. Thanks Carole for all your contributions and for being such a passionate supporter of Alumni Activities.

### ALUMNI LEADERSHIP



# Gordon Cressy Award

## CHUCK CHEN

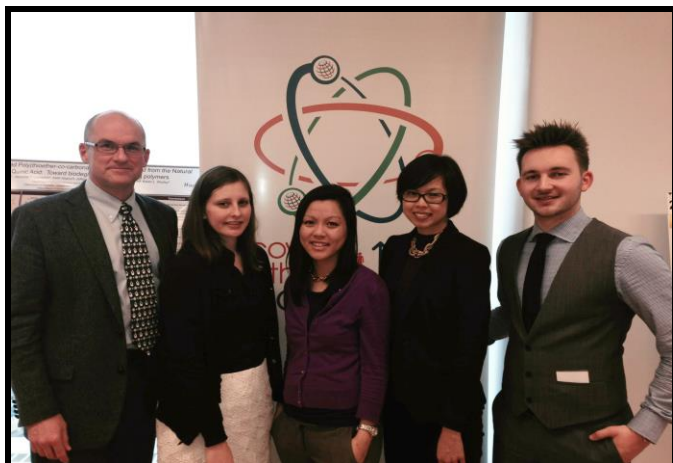
Over the past two years the DNSAA has set up a more formal Alumni Board to help expand alumni activities and outreach/engagement with the department. The undergraduate and graduate student associations are involved in the board and have made massive contributions to success of this endeavour, which has included new events, more alumni student engagement opportunities, and better information flow outward to younger alumni. Chuck showed particularly strong leadership in helping ensure that students are represented well on the DNSAA board. Chuck has been crucial in helping sort the logistics and execution of many events to get the ball rolling. He showed leadership right from the first Networking Night in 2009, to last year helping to develop a wonderful video on the new mentorship program which has been widely used at many alumni events. He is consistent, reliable, speaks up, offers solutions and invaluable insights to discussions at meetings, sacrifices his own time and efforts to numerous alumni events, and in addition has been leading many, many NSGSA events as well. Thanks Chuck for your continued efforts and for a well-deserved Gordon Cressy Student Leadership Award from all the department alumni.



BY FIONA WALLACE, PRESIDENT OF DNSAA



# JOURNEY THROUGH SCIENCE DAY



Adrian Cozma (Jenkins Lab), Vanessa Ha (Jenkins Lab), Daiva Nielsen (El-Sohemy Lab) and Shirley Vien (Anderson Lab) were among the 50 exceptional students and early career scientists selected to participate in the Journey through Science Day, sponsored by PepsiCo and the New York Academy of Sciences (NYAS) on Monday, December 9th, 2013. Picture (L-R): Richard Black (VP Global Nutrition, PepsiCo), Daiva Nielsen, Vanessa Ha, Shirley Vien and Adrian Cozma.

The day opened with a keynote from Richard Black, VP of Global Nutrition at PepsiCo. He brought attention to the role food industry plays in shaping the food landscape and its responsibility to consumers.

It was followed by presentations from PepsiCo R&D scientists and engineers who spoke about their experiences at PepsiCo and the projects they were involved in. After lunch we presented our posters and had the opportunity to network with other fellow participants as well as stakeholders from PepsiCo. It was an illuminating experience having the opportunity to interact with participants and professionals within nutrition and in other areas of life sciences, food sciences and engineering.

## Daiva Nielsen



### 2014 ONTARIO 3MT<sup>®</sup> THREE MINUTE THESIS CHAMPION

*I have the gene,  
so I eat healthily.*



versus

*I have the gene,  
so there's nothing  
I can do*



This year I participated in the University of Toronto's 3-minute thesis (3MT) competition. The U of T 3MT is open to all U of T PhD students and participants must explain their doctoral research in 3 minutes or less using only one static PowerPoint slide, which is optional. The event was open to the public and a panel of non-specialist judges evaluated the presentations. The judging criteria consisted of three categories: Comprehension, Engagement and Communication. Each category was weighted equally and had sub-points to guide the judges' decisions. I am beyond thrilled that I placed first at the U of T 3MT final and went on to represent U of T at the Provincial 3MT competition hosted by McMaster University on April 24, 2014. I participated along with 18 other graduate students from across Ontario and placed first at the Provincial level. This experience has been nothing short of incredible. First of all, I had the privilege of watching over 40 other 3MT presentations through my journey from U of T's divisional heats to the Provincial Final. I was blown away by the caliber of presentations and learned a tremendous amount on a variety of research topics across academic disciplines. It's impressive how effective 3 minutes of lecturing can be for learning. Moreover, preparing my 3MT presentation took a lot of thought and practice, but was also a lot of fun. While our graduate program provides students with excellent training for oral communication through seminar and academic conferences, I saw the 3MT as a unique opportunity to present my research in a new way. I wanted my talk to be engaging, informative and accessible to a diverse audience, while accurately describing the research gap I have been striving to fill over the course of my PhD. Striking a balance between the level of complexity I incorporated into the talk while ensuring I was getting my key points across, all in under 3 minutes, was the major challenge of the 3MT. I am so grateful to my supervisor, Dr. Ahmed El-Sohemy, and my friends/lab mates (Andre, Bibiana, Chuck, Dennis, Joseph and Nanci) for supporting me throughout the 3MT. I practiced with them and received very valuable feedback from each of them, which no doubt played a role in my presentation's success. I strongly encourage all of our PhD students to participate in next year's 3MT competition. The event is a lot of fun and the skills I've acquired in public speaking as a result of my 3MT participation far outweigh the first place title. I would do it again in a minute, or 3!

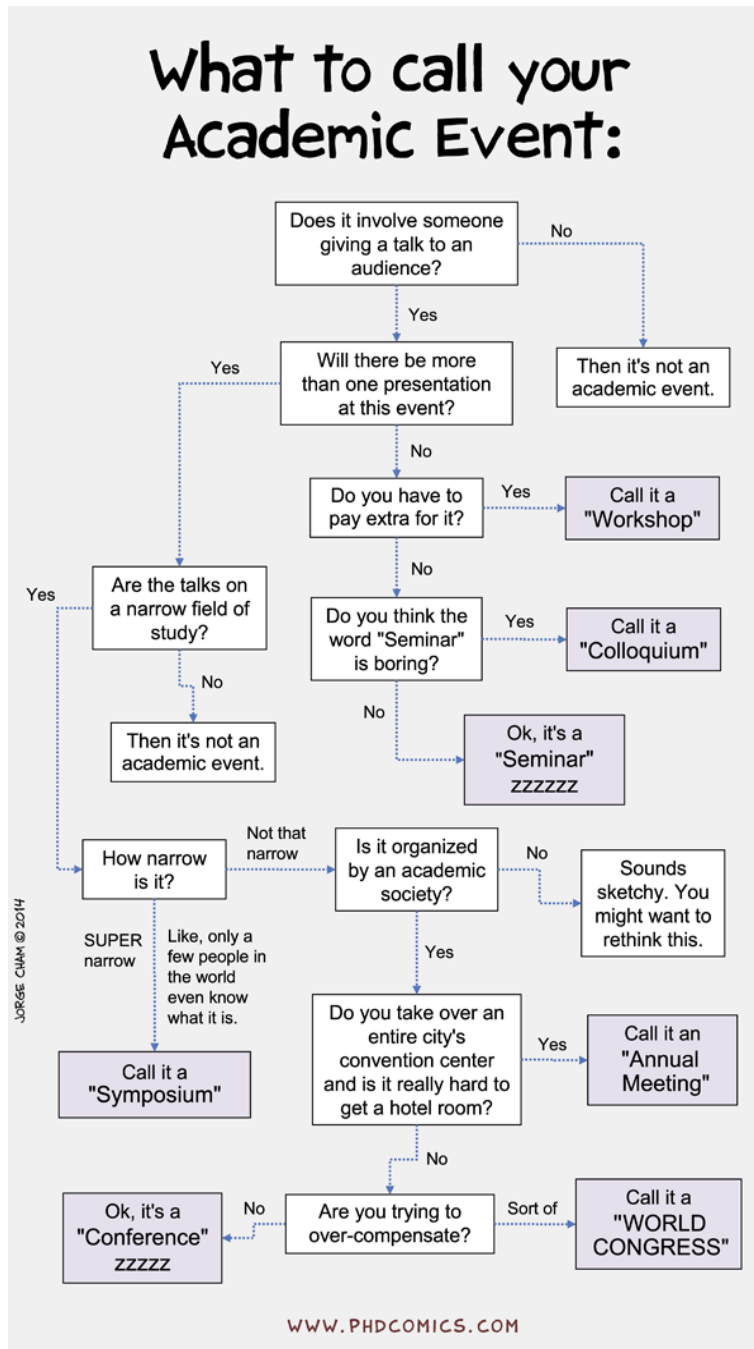




# NUTRI-NEWS NEWSLETTER UPDATE

Please welcome the new members of the Nutri-News Editorial Committee, **Julie Mason** and **Mary Scourboutakos**. Thank you to **Shirin Panahi** for serving on the Nutri-News Editorial Committee for the past 10 years and for the many wonderful newsletters over this time. For future newsletters, please send your submissions to [julie.mason@mail.utoronto.ca](mailto:julie.mason@mail.utoronto.ca).

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



### Editorial Committee (Writers/Editors)

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