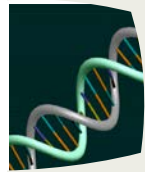




▶ HOT TOPICS: MYPLATE IS HERE!



▶ CONGRATULATIONS TO ALL AWARD WINNERS AND SCHOLARSHIP RECIPIENTS!



▶ CHECK OUT OUR PUBLICATIONS!

● 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.

September 2011 EDITION

We hope you enjoy this edition of the newsletter! Visit the NSGSA at <http://nsgsa.sa.utoronto.ca/> for events, postings and our newsletter.

A Warm Welcome from our Chair

I can't believe it is now September - the summer has passed by so quickly! I hope everyone has had a productive summer, yet at the same time had some time to spend with family and friends. I would like to take this opportunity to welcome all of our new and returning students to the Department of Nutritional Sciences. I hope all of you have a chance to meet some of your fellow students and many of our outstanding Faculty and Staff. They are a tremendous group of individuals who are dedicated to helping you make your education here at the University and in the Department a rewarding experience during your course work and research, but just as important,

helping you to build the networks and friendships that will support you throughout your careers. It will be an exciting year ahead. We have just completed our new Strategic Plan for the Department and now are starting to put it into action. Look for our new and exciting website that will be launched this fall and many other developments as we embark on our strategic plans for building and strengthening our nutrition program at the University and with our partner hospitals and research institutes. Welcome to the Department and have an enjoyable and productive year!

Mary L'Abbé



MESSAGE FROM THE EDITORS

Welcome to all new and continuing students! We would like to wish everyone a very successful and productive academic year. To recognize our Department's successes please remember to submit your achievements!

DNS EDITORIAL COMMITTEE

ACHIEVEMENTS

PUBLICATIONS

Campbell N, Willis K, **L'Abbe M**, Strang R, Young E. (2011) Canadian Initiatives to Prevent Hypertension by Reducing Dietary Sodium. *Nutrients* 3(8), 756-764.

Arcand J, Floras J, Azevedo E, Mak S, **Newton GE**, **Allard JP**. Evaluation of two methods for sodium intake assessment in cardiac patients with and without heart failure: the confounding effect of loop diuretics. *Am J Clin Nutr.* 2011;93:535-41.

Fernandes J, Vogt J and **Wolever TMS**. Inulin increases short-term markers for colonic fermentation similarly in healthy and hyperinsulinaemic humans. *European Journal of Clinical Nutrition*, 2011 doi:10.1038/ejcn.2011.116.

L'Abbe MR, Sunohara D, Wan J. (2011). Environmental scan of public food procurement policies related to sodium. Public Health Agency of Canada, March 2011

Ley SH, **Hanley AJ**, Stone D, **O'connor DL**. Effects of pasteurization on adiponectin and insulin concentrations in donor human milk. *Pediatr Res.* 2011 70(3):278-81

Ley SH, Hegele RA, Harris SB, Mamakeesick M, Cao H, Connelly PW, Gittelsohn J, Retnakaran R, Zinman B, **Hanley AJ**. HNF1A G319S variant, active cigarette smoking and incident type 2 diabetes in Aboriginal Canadians: a population-based epidemiological study. *BMC Med Genet.* 2011 5;12:1.

Pantazopoulos P, Kwong K, Lillycrop W, Wong L, Gao Y, Chalouh S, Samadhin M, Ratnayake WMN, Krenosky S, Dumais L, **L'Abbé MR**. (2011) Trans and Saturated Fat on Food Labels in Canada: Fact or Fiction? *Can J Public Health* 102 (4): 313-16.

Raiten DJ, Namasté S, Brabin B, Combs Jr G, **L'Abbé M**, Wasantwisut E, Darnton-Hill I. Executive summary—Biomarkers of Nutrition for Development: Building a Consensus. *Am J Clin Nutr* 94 (suppl): 633S-650S.

CONFERENCE PRESENTATIONS

Raha Jahani (Comelli lab) was selected for an oral presentation at the Nutritional Immunology: Role in Health and Disease FASEB Summer Conference in Carefree, Arizona this past July 11-15th. Her talk was entitled, "Effects of vitamin D supplementation in utero through adulthood on colonic gene expression and microbiota composition".

Sheena Kayaniyil (Hanley lab) was selected for an oral presentation at the American Diabetes Association Annual Meeting in San Diego, CA. Her talk was entitled, "Prospective Association of Vitamin D with Beta-Cell Function and Glycemia". Her abstract is published in *Diabetes*. 2011;60(suppl 1):A89.

Natasha Singh (Comelli lab) was selected for a poster presentation at the Probiotics, Intestinal Microbiota and the Host: Physiological and Clinical Implications FASEB Summer Conference this past July 24-29th in Carefree, Arizona. Her poster was entitled, " *Bifidobacterium bifidum* surface protein BopA impacts murine caecal mucin gene expression and microbial composition".

Teri Emrich (L'Abbé lab) presented a talk entitled, "Development of a Canadian Food Label Information Program (FLIP) database at the Dietitians of Canada Conference in Edmonton this past June 16-18th" and a talk entitled "Nutritional quality front-of-pack nutrition rating systems on breakfast cereals in the Canadian marketplace at the Canadian Nutrition Society Annual Meeting in Guelph this past June.

Dr. Mary L'Abbé presented a talk entitled, "Health Claims in Canada – The Current Regulatory Landscape. Symposium on Health Claims in Canada: An Update" at the Canadian Nutrition Society Annual Meeting in Guelph this past June and at the Canadian Centre for Agri-Food Research in Health and Medicine in Winnipeg this past May 30-June 1st.

ACHIEVEMENTS

Alyssa Schermel (L'Abbé lab) presented a poster entitled, "Canadian attitudes regarding the availability of 'healthy' foods" at the Canadian Nutrition Society Annual Meeting in Guelph this past June.

AWARDS

Congratulations to the 2011 Award recipients at Canadian Nutrition Society (CNS)!



Khush Jeejeebhoy Award
Recipient - **Dr. Paul Pencharz**

PhD Dissertation Award
Recipient – **Dr. Christopher Tomlinson**

George Beaton Award
Recipient - **Teri Emrich**



Christine Gagnon Memorial Travel Award and Nestle Graduate student Oral Competition Finalists
Recipients – **Teri Emerich, Sylvia Ley**

CNS 2011 Poster Competition
3rd place – **Jane Paterson**

Congratulations to this year's winners of the **MPH Community Nutrition 2011 OSOTF merit awards** (Ontario Student Opportunity Trust Funds) and the **Barbara McLaren Award** to the student with the highest academic achievement.

The Barbara McLaren Award
The Heather Milne Nielsen Award
The Grace Weymark Morgan Award
The Danielle Haasz Award

Kristina Chandler
Kristina Chandler and Alison Desrosier
Julia Pilliar
Ashley Motran

Dr. Bernadene Magnuson was recently honoured to become a Fellow of the Academy of Toxicological Sciences (ATS). The purpose of this recognition and certification is to ensure the competence and experience of professionals whose work affects public welfare. Candidates for certification must have broad knowledge of toxicology and demonstrate current involvement in toxicological activities. A Fellow of the Academy must have impressive professional experience, supported by publications, and must have demonstrated sound scientific judgment, recognized by peers and through appointment or election to councils, committees, etc. You may visit the following website for more information: <http://www.acadtoxsci.org/vision.asp>.

GRANTS

Thomas Wolever, Pauline Darling, Deborah O'Conner, Robert Josse, Shannan Grant, Edward Barre, Joel Ray, Denice Feig, Meera Luthra, Lorraine Lipscombe. Canadian Institutes for Health Research (CIHR). The effect of a low glycemic index diet on maternal and neonatal markers of glycemic control and postpartum diabetes risk – 3 years.

Thomas Wolever, Shannan Grant, Pauline Darling, Deborah O'Conner, Edward Barre. Canadian Foundation for Dietetic Research. The effect of a low glycemic index diet on postpartum markers of oxidation in breast milk of women with gestational hyperglycemia. 2011-12.

Mary R L'Abbe, Wen-Yi Wendy Lou and Heather Manson. Evaluating the impact of Canada's Sodium Reduction Strategy on dietary intakes of sodium, the overall nutritional quality of the food supply, changes in food labeling, and consumer knowledge and attitudes towards sodium. CIHR – 3 years 2011-2014.

ACHIEVEMENTS

AWARD AND SCHOLARSHIP RECIPIENTS

Congratulations to the 2011-2012 award and scholarship recipients!

Ontario Graduate Scholarship (OGS)

Mavra Ahmed
Yen-Ming Chan
Jolynn Dickson
Teri Emrich
Bibiana Garcia Bailo
Andrea Glenn
Brenda Hartman
Shokoufeh Khodabandeh
Melissa Kwong
Tracy Moreira
Tupur Raham
Mary Scourboutakos
Natasha Singh
Dunja Sumanac
Michael Yang
Nicole Yuen
William Yuen

Natural Science and Engineering Research Council Awards (NSERC)

Yen-Ming Chan – CGS D3
Clara Cho – PGS D3
Andre Dias – PGS D3

Canada Institute of Health Research Doctoral Awards (CIHR)

Barkha Patel – CGS D2

CIHR Strategic Training Program in Public Health Policy

Mary Scourboutakos
Christina Wong
JoAnne Arcand (PDF)



DEPARTMENT OF NUTRITIONAL SCIENCES AWARDS

Alumni Travel Awards

Andre Dias
Elsa Dinsdale
Sylvia Ley

Michael Archer Research Award

Leah Cahill

Dr. Thompson Seminar Award

Leah Cahill

Vanier Canada Graduate Scholarship

Julie Mason

CIHR Fellow in Population Intervention for Chronic Disease Prevention

Teri Emrich

Banting & Best Diabetes Centre

Jolynn Dickson

HOT TOPICS

MyPlate is here! by Sylvia Ley

Last June, the USDA launched MyPlate with messages to take action on the Dietary Guidelines by making changes in these three areas:

Balancing Calories

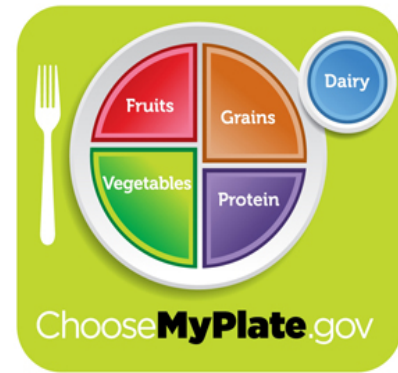
- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.
- Drink water instead of sugary drinks

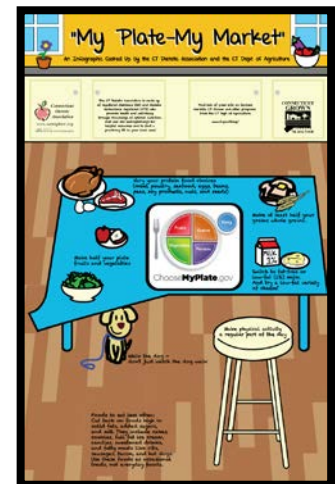


MyPlate icon



Just the Basics from CDA

MyPlate replaces the previous Food Guide Pyramid and welcomes a new food group called protein. The new plate shaped icon is similar to Just the Basics from Canadian Diabetes Association (CDA), although the location of fruits is different (along with missing cutlery).



Over the summer, a number of interpretational works on MyPlate were introduced. Connecticut Dietetic Association launched My Plate-My Market (shown right). Chicago Tribune (on June 5) offered “Crowding the plate” to their sport section readers (bottom left), while Steven Colbert from The Colbert Report (aired on June 6) shared his thoughts on losing his favorite Egyptian mortuary-based nutritional diagram and introduced “A PieChart” (bottom right).



Up-to-date information on MyPlate from the USDA can be found: <http://www.choosemyplate.gov/>

NEWS & EVENTS

☆ NSGSA Presents ☆

WELCOME BACK

Karaoke Pub Night

NEW & OLD, ALL ARE WELCOME!
Come. Enjoy. Relax. Socialize. SING!



Time: September 15th, 5-8pm
Place: O'Grady's Pub on College

Karma Yoga 
by Shannan Grant

Come one, come all to our department karma yoga class at Room 423, FitzGerald Building, University of Toronto. This 1.5 hour session will incorporate asana (postures) and pranayama (breath work). Shannan will guide you through your practice with special attention to safety, individual expression and self-awareness.

September dates include:

SEPTEMBER 2, 9 AND 23, 2011

Classes will run 4:30 to 6pm.

*Please arrive to class at least 5 minutes prior to the class commences to avoid disturbing other students.

*A minimal donation of 5 dollars is requested, but is not mandatory. All funds raised will go to Alzheimer's Society.

We look forward to practicing with you!

NSGSA 2011-2012

Craving Change Intensive Professional Training Workshop

Wednesday, September 28, 2011

8:00 am – 4:00 pm

Metropolitan Hotel, Toronto, ON

http://www.cravingchange.ca/assets/res_110817134424_120.pdf

2011 OPHA/HPO Fall Forum

Wednesday, October 5, 2011 8:45 AM - Thursday, October 6, 2011 3:45 PM

Marriott Downtown Eaton Centre

525 Bay Street, Toronto, Ontario

<http://www.cvent.com/events/2011-oph-hpo-fall-forum/event-summary-02>

Eating Disorders: Enhancing Your Therapeutic Toolbox

Tuesday October 18, 2011

8:00am-4:30pm

Ryerson University, International Room

240 Jarvis Street, Toronto, Ontario

<http://pattiwagman.com/News--and--Events.php>

Join the 4th annual Department of Nutritional Sciences team for the CIBC Run for the Cure!

Date and time:

Sunday, October 2nd at 10:00 am

Location:

Starts in King's College Circle on the U of T St. George Campus

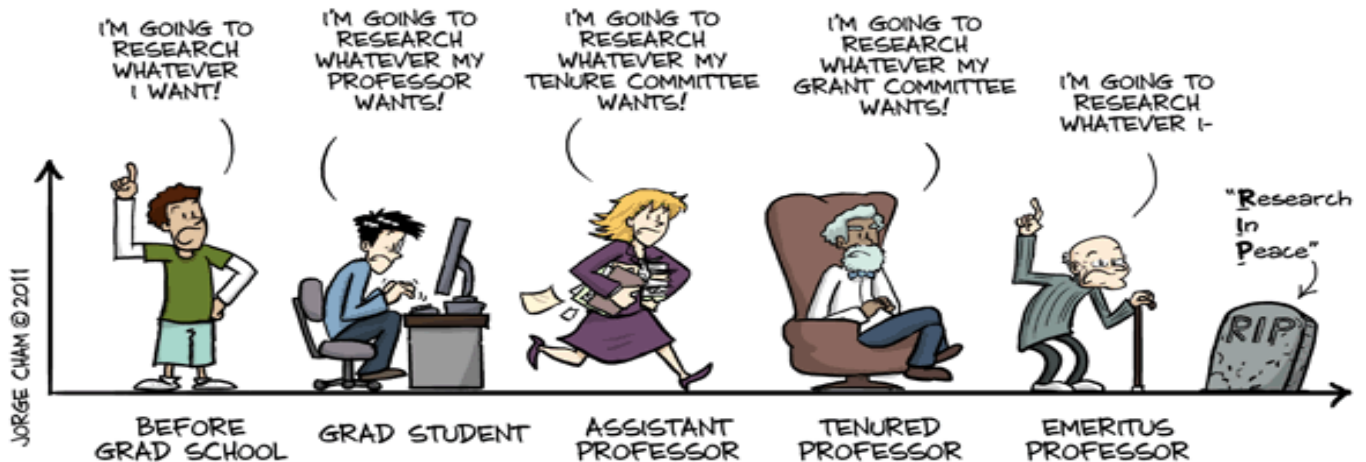
Support breast cancer research funded by the Canadian Breast Cancer Foundation and get out for a 5k run or 1k walk! Registration is \$40 or it's free is you fundraise over \$150.

If you're interested or have any questions contact Julie at julie.mason@utoronto.ca

MISCELLANEOUS

PHD COMICS adapted from phdcomics.com

THE EVOLUTION OF INTELLECTUAL FREEDOM



WELCOME NEW STUDENTS!

May 2011

Ashleigh Wiggins MSc Thompson lab

September 2011

Christy Brissette	MSc	Vuksan lab
Jessica Omand	MSc	Darling/Maguire lab
Jo-Anna Baxter	MSc	Zlotkin lab
William Yuen	MSc	Greenwood lab
Laura Chiavaroli	PhD	Jenkins lab
Daniela Malta	MSc	Allard lab
Tyler Pettes	MSc	Tarasuk lab
Mary Scourboutakos	MSc	L'Abbe lab
Luke Johnston	MSc	Hanley lab
Shannon Masik	MSc	Kim lab
Tracy Moreira	PhD	Wolever lab
Vanessa Ha	MSc	Jenkins lab
Yunnie Balders	MSc	O'Connor lab
Marc-Oliver Trepanier	PhD	Bazinet lab



Editorial Committee (Editors and Writers)

Shirin Panahi*

Sylvia Ley

Dr. Mary L'Abbé, Chair

MARIA FERNANDA NUNEZ'S TASTY LEMON TIRAMISU RECIPE

A fresh, summery alternative to the traditional coffee version.
Serves 8-12 people depending on how generous your serving sizes are.

Ingredients:

- 1 package of ladyfingers/savoirdi cookies (can be purchased at most grocery stores)
- 6 eggs, separated
- 1/2 a container of mascarpone cheese (available low-fat but hard to find)
- 1 fresh lemon, juiced and zested
- 3/4 cup white granulated sugar
- 1 tbsp. lemon extract
- 1 tsp. vanilla extract
- ~2 cups of water

Overview: In my recipe, there are 3 components that make up the filling: mascarpone cheese; zabaglione; and egg whites beaten with sugar (basically a raw French meringue). I usually gently mix all three together but next time, I'm going to try adding some zabaglione to the mascarpone to thin it out and the rest of it gently folded into the egg whites - basically working with 2 layers of filling. Instead of coffee, the cookies are dunked into a lemon syrup to moisten them (you can add a liquer if you like). Once you have the filling and lemon syrup ready, you're ready to begin! Start with a single layer of moistened cookies spread out in a dish (rectangular works best) and layer enough of the filling to cover all of the cookies. Keep repeating these steps until you reach the top of your dish, finishing with the filling. Voila! For more information you can visit "Maria's Kitchen" on her facebook page for other delicious recipes!