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
A C H I E V E M E N T S

PUBLICATIONS


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."
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
Kristina Chandler

The Heather Milne Nielsen Award
Kristina Chandler and Alison Desrosier

The Grace Weymark Morgan Award
Julia Pilliar

The Danielle Haasz Award
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.


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.
AWARD AND SCHOLARSHIP RECIPIENTS

Congratulations to the 2011-2012 award and scholarship recipients!

Ontario Graduate Scholarship (OGS)

- Mavra Ahmed
- Yen-Ming Chan
- Jolyynn 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

- Jolyynn Dickson
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

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).

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).

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

**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

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**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 30-11

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**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 Wolfever lab
Vanessa Ha MSc Jenkins lab
Yunnie Balders MSc O’Connor lab
Marc-Oliver Trepanier PhD Bazinet lab

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/savoiardi 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 liqueur 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!