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What Should We Do FNCE® 2019?

Traditionally the Research DPG holds a breakfast event at FNCE® 2019. This is an opportunity for members to network, present research grants and appreciation awards, and enjoy a morning meal together. Last year, the breakfast attendance was very low. So, our question to all of the RDPG members is what should we do? Please take 2 minutes to answer a very quick, 4-question [survey](#).

Demystifying Graduate School

If you are thinking about graduate school and not sure where to begin this is the webinar for you! A panel of speakers provides a map for how to navigate the road to graduate school. The where, when and how to apply to graduate school and what you can expect as a student pursuing a graduate degree in the field of nutrition are discussed in this 1-hour webinar approved for 1 CEU. Webinar speakers are Drs. Robin Tucker, Ingrid Lofgren and Julie Avery and PhD student Haley Parker. Click [HERE](#) for RDPG Webinar page.

House of Delegates Spring 2019 Updates

The House of Delegates met for the spring 2019 meeting. Please click [HERE](#) for committee reports, and click [HERE](#) for updates from the Academy President, Treasurer, and Foundation.

Renew Your Academy and RDPG Membership

It is time to renew your Academy and RDPG Membership. Click [HERE](#) to find out why you should renew your Academy and RDPG Membership, and click [HERE](#) to renew today.

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New Study: Walnut Consumption & Reduced Depression Symptoms



Research on the cognitive benefits of walnuts now includes mental health issues such as depression. Findings from a new [epidemiological study](#) have revealed a potential association between walnut consumption and lower prevalence and frequency of depression symptoms. Researchers examined National Health and Nutrition Examination Survey (NHANES) data using a widely accepted questionnaire and found depression scores 26% lower for walnut consumers and 8% lower for consumers of other nuts, compared to those not eating nuts. Walnut consumers showed greater optimism and interest in activities along with improvements in energy levels and concentration. Investigators controlled for age, income, BMI, and other lifestyle factors; while results were significant for both genders, they were stronger among women. Future research could explore the benefits of intervention and mechanism of action.

You are receiving this e-blast as part of a California Walnut Commission agreement to support RDPG programs and activities.

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