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Articles for Digest Needed

The Digest, our DPG newsletter, is looking for articles. We want to hear what you are working on, what makes that researcher in you come alive! Please submit:

- Lead articles--member authors are preferred, but feel free to submit articles that you write in collaboration with nonmembers or members.
- Student articles--either from student member or full member who collaborates with student on the article.

Details about the submission process are posted on the website. So, go ahead--do it! Get that byline to add to your CV! Beam with pride as you see your name in print! Help your students get some great resume fodder! Share your passion with your fellow research community!

Please send inquiries and/or information to:

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Apply for Research Grants from the Academy Foundation

The Academy Foundation has several named funds that support research. Each grant has specific criteria governing its use; a separate review committee is appointed for each. For 2019, six grants are available as shown in the following table:

<p>Amy Joye Memorial Research Award</p> <p>Amount: \$5,000</p>	<p>Applicants are required to work with a mentor whose projects involve human research and focus on: Dietary assessment methodology to investigate/enhance accuracy of dietary reports*, Obesity prevention/weight control, or Fruit/vegetable gardens.</p> <p>*Accuracy of dietary reports requires validation or comparison of dietary reports by study participants to actual dietary intake. Such validation does not simply compare two self-report methods by study participants because with that study design, actual dietary intake is unknown. Instead, validation requires comparison of dietary reports by study participants to a method</p>	<p>Application deadline of March 10 at 11:59 p.m. (Central time)</p>
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	that does not rely on another self-report method by study participants. (Click on validation or comparison for examples.)	
Ann A. Hertzler Memorial Research Grant Amount: \$15,000	2019 Topic: The research proposal should address the nutrition care for treatment of adults with heart failure. The seed grant is intended to gather preliminary data to enable further funding. Projects should focus on implementation of the Evidence-Based Heart Failure Nutrition Practice Guidelines.	Application deadline of February 10 at 11:59 p.m. (Central time)
Colgate Palmolive Fellowship in Nutrition, Oral Health/Dental Education Amount: \$15,000	This grant is given to support research in nutrition and oral health or dental education by doctoral students seeking a doctorate in nutrition and oral health or dental education, Master's thesis research on nutrition and oral health/disease or RDNs with advanced degrees doing research in the area of nutrition and oral health. Non-US residents may apply.	Application deadline of February 10 at 11:59 p.m. (Central time)
Jean Hankin Nutritional Epidemiology Research Grant Amount: \$20,000	This grant is given to provide financial support to a doctoral student working on a dissertation in the area of nutritional epidemiology.	Application deadline of February 10 at 11:59 p.m. (Central time)
Julie O'Sullivan Maillet Research Grant Amount: \$1,000	This grant is given for a research project that aims to demonstrate the value of dietetics professionals on the health of the public or demonstrate the evolving role of dietetics professionals in the profession.	Application deadline of February 10 at 11:59 p.m. (Central time)
McCormick Science Institute Research Award Amount: \$5,000	This grant supports scientific endeavors including in vitro experiments, epidemiologic studies, spice and herb intake data collection, systematic reviews and/or evidence-based analysis. The topic of focus changes every few years. 2019 Topic: The Academy's Council on Research's recommended focus is "Understanding the role of spices and health." This could include the role of spices in modulating oxidative stress or inflammation; the role of spices in affecting dietary quality and intake in a variety of disease states (e.g., oncology, obesity, blood pressure, cardiovascular disease, arthritis, etc.); and/or various dietary assessment methodologies to capture quantities and types of spice consumption. Studies may be cell culture, epidemiologic analysis of existing data/secondary analysis, intake surveys/addition of spice intake data collection, systematic reviews and/or evidence analysis by the Academy.	Application deadline of February 10 at 11:59 p.m. (Central time)

The Academy Foundation has a new online application platform for its 2019 grant applications. To apply, go to the online application platform on the Foundation's Apply for Funding – Grants page at <https://eatrightfoundation.org/scholarships-funding/grants/>.

The deadline to apply is Sunday, February 10 at 11:59 p.m. (Central time) for five grants, and one month later on Sunday, March 10 at 11:59 p.m. (Central time) for one grant.

Please contact Elisha Reichling, MS, RDN, LDN, Foundation Program Coordinator, at ereichling@eatright.org with questions.

Vote in Academy Elections 2019



National and DPG/MIG elections will continue through February 15th. To meet the candidates for the 2019 national elections and vote visit: www.eatright.org/elections.

The Academy is awarding one free registration to FNCE® 2019 in Philadelphia, PA to the DPG/MIG/affiliate with the highest percentage of its members voting in the national election. Let's continue our RDPG tradition of top voter turnout!

The RDPG slate of candidates is listed below.

Chair-Elect

Nancy J. Emenaker, PhD, MEd, RDN, LD, FAND

Tracey Ledoux, PhD, RDN, FAND

Secretary

Andrea Lobene, MS, RD

Erin McKinley, PhD, RD, LDN, CLC, CHES

Lenka H. Shriver, PhD

Nominating Committee

Sandra L. Gomez-Perez, PhD, RDN, LDN

J. Philip Karl, PhD, RD

Gigi Kwok-Hinsley, DrPH, MS, RD

Congratulations to RDPG members on the national ballot:

- Judy Gilbride, PhD, RDN, CDN, FAND for Academy Nominating Committee (National Leader with Board Experience in the Past 10 Years)
- Helen Lane, PhD, RDN for House of Delegates (Delegate-at-Large: Retired)
- Julie Plasencia, PhD, RDN, LD for Academy Nominating Committee (National Leader in Practice for 15 Years or Less)

Present a Poster at FNCE® 2019

The call for poster presentation abstracts for FNCE® 2019 will close February 15, 2019. Submit your abstract [here](#).

Diet Rich in Polyunsaturated Fats May Have Protective Properties, According to New Research



Findings from a randomized control trial published recently in BMC Nutrition suggest that following a diet high in polyunsaturated fatty acids (PUFA) may provide protection against the adverse effects of meals high in saturated fats. After consuming a PUFA-rich diet for one week where walnuts provided a significant portion of the PUFAs along with salmon, tuna, flaxseed oil and fish oil, (21% polyunsaturated fat, 9% monounsaturated fat, 5% saturated fat), healthy participants (ages 18-35) saw improved lipid metabolism and lower triglyceride levels when they consumed a subsequent meal high in saturated fats. Researchers evaluated the effect of a PUFA-rich diet by analyzing changes in angiopoietin-like proteins (ANGPTL), which play a role in regulating blood lipid levels. Specifically, there were reductions in ANGPTL3 and ANGPTL8, which indicates increased lipoprotein lipase activity and a possible mechanism for improved metabolism of triglycerides. While improvements were seen for both men and women, women tended to benefit more from a PUFA-rich diet. This study is the most recent publication from a clinical trial evaluating the potential benefits from regularly eating foods high in PUFAs. Explore the research [here](#).

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



Our mailing address is: 120 South Riverside Plaza, Suite 2190 Chicago, Illinois 60606

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