



# NUTRI NEWS

## The Department of Nutrition

September 2017

### DEPARTMENT OF NUTRITION CELEBRATES ITS 75<sup>TH</sup> ANNIVERSARY!

(By Hilary Farmer)



The Department of Nutrition at the Harvard T.H. Chan School of Public Health is proud to celebrate its 75<sup>th</sup> Anniversary with a special symposium on November 1, 2017. During this symposium, we will celebrate our major milestones and past achievements while looking forward to our future as a strong and influential department. The symposium will begin at 1:00 pm in the Joseph B Martin Conference Center Rotunda (HMS). **Dean Michelle Williams** will kick off the event with her opening remarks along with remarks by **Dr. Frank Hu**, department chair, and **Drs. Walter Willett** and **Bernard Lown**. Current faculty members will then discuss the four main areas of our nutritional research program: nutritional biochemistry, nutritional epidemiology, public health nutrition, and global nutrition. Following the faculty, four alumni speakers will reflect on their own experiences in our department and their current research using an exciting, fast-paced *Ignite* presentation style. After the speakers, students and postdocs will showcase their work at a poster exhibit and competition. The program will conclude with the 13<sup>th</sup> Annual Stare-Hegsted Lecture given by **Dr. Larry Appel**, Professor at the Bloomberg School of Public Health.

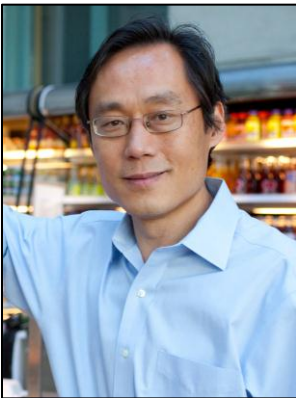
#### *History of the Department*

The Harvard Department of Nutrition was founded in 1942, under the leadership of **Dr. Fredrick Stare**. It was the first nutrition department of any medical or health center in the world. Early research was focused on improving nutrition under war conditions. In the early 1950's, the department's research focus shifted and expanded to study the effects of diet on obesity, arteriosclerosis, and coronary heart disease as well as food policies and international nutrition. The study of obesity gained further momentum when **Dr. Jean Mayer** joined the department faculty to study the regulation of hunger, weight control, and physical activity. In 1969, Dr. Mayer organized and chaired the first White House Conference on Food, Nutrition & Health, and later left Harvard to become the president of Tufts University, where he established the Friedman School of Nutrition Science and Policy. In 1962, **Dr. Mark Hegsted** became a Professor of Nutrition in the department. In 1977, as a member of the United States Senate Select Committee on Nutrition and Human Needs, he drafted the *Dietary Goals for the United States*, a predecessor of the *Dietary Guidelines for Americans*.

Additionally, **Dr. Bernard Lown**, a renowned cardiologist, joined the department in 1958. Dr. Lown received the Nobel Peace Prize in 1985 on behalf of International Physicians for the Prevention of Nuclear War.

**Dr. Walter Willett** became department chair in 1991, ushering in a new era of nutritional epidemiologic research. Dr. Willett, together with colleagues at the Channing Laboratory at Brigham and Women's Hospital, launched several landmark cohorts including the Nurses' Health Studies I and II and the Health Professionals Follow-up Study. These cohorts enabled researchers to study long-term effects of diet on chronic diseases such as diabetes, cardiovascular disease, cancer, and neurodegenerative diseases. Studies in these large cohorts found that trans fat is detrimental to heart disease, which led to the Food and Drug Administration requirement for labeling trans fat content and the ban of trans fat in processed foods. Another important finding from the Harvard cohorts is the link between consumption of sugary beverages and risk of type 2 diabetes and other chronic diseases. These findings, along with other studies, have led to current guidelines to reduce added sugar intake and policy initiatives such as soda taxes.

The Department of Nutrition has achieved numerous milestones during its 75 years. For example, **Dr. Frank Sacks and Dr. Larry Appel**, this year's Stare-Hegsted speaker, developed the Dietary Approaches to Stop Hypertension (DASH) dietary pattern. This diet is now widely recommended for the prevention of cardiovascular disease. Three of our faculty have served on the USDA Dietary Guidelines Advisory Committee: **Dr. Meir Stampfer** in 2005, **Dr. Eric Rimm** in 2010, and **Dr. Frank Hu** in 2015. The department also produced its own Healthy Eating Plate and has had a major influence on nutrition communications with its popular website, the **Nutrition Source**. In recent years, public health nutrition has become a major concentration in the department under the leadership of **Dr. Kirsten Davison**. Global nutrition continues to be a major focus of our mission, and the department conducts a wide range of collaborative research projects worldwide.



A new chapter of the department began when **Dr. Frank Hu** stepped into the chair position in the beginning of this year. When asked what he envisions for the near future, **Hu** stated that "This is a particularly exciting time for nutrition and for our department. The 75<sup>th</sup> Anniversary Symposium is a special event to celebrate our past achievements and look to the future. In the next few years, it is important for us to bring in new blood to expand current faculty and further strengthen our research programs. In addition, it is a high priority for us to develop an interdisciplinary research program on nutrition and planetary health. To maintain our global leadership, it is critical for us to stay at the forefront of scientific discovery, translational research, and public health practice."

*(Special thanks to **Brett Otis** for archival research)*

## NUTRITION DEPARTMENT WELCOMES 5 INCOMING STUDENTS

Students are vital to the success of any university. Without them, there would be no university or learning environment. Because today's students are tomorrow's leaders, they are our best hope for the future. The Harvard T.H. Chan School—and the Department of Nutrition—attract some of the best students in the world for a variety of reasons, including Harvard's unsurpassed learning environment; world-renowned professors; professional development; future academic and research careers; or careers in hospitals, government, NGOs, start-up companies, consulting firms and private businesses; and pharmaceutical companies. All of our students wish to pursue their goal of improving public health in their own way.

Five new students were accepted into the Department of Nutrition's first-year class this fall. Because our program is extremely competitive, we were able to select highly talented individuals. These students come from China, Nigeria, and Canada. Their interests include nutritional epidemiology, the -omics technologies, the effectiveness of nutritional interventions in Tanzania and elsewhere, research on gout and inflammatory arthritis, nutrition and women's health, and childhood obesity. And last but not now least, our students are also interesting people. Let's meet them now!



**Ajibola Ibraheem Abioye's** focus is on Nutritional Epidemiology. His potential research interest is to elucidate the impact of nutrition on immunity in the context of maternal and child health and infectious diseases, using a variety of methodological approaches, including biomarker assessment and microbiome analysis. Ajibola is a Nigerian, with an MD degree from Lagos State University (Nigeria), and a Masters' degree in Public Health from HSPH. Over the past few years, he led field coordination and data management for **Dr Wafaie Fawzi's** RCTs and observational studies in Tanzania. These studies evaluated the effectiveness of nutritional interventions aimed at reducing the burden of disease attributable to HIV/AIDS, tuberculosis and malaria. In

the past year, he worked at Brown University, leading the analyses of studies clarifying the screening and diagnosis of maternal anemia in the context of parasitic diseases among pregnant Filipino women. His advisor is **Dr Wafaie Fawzi**. He has enjoyed living in Providence, Rhode Island this past year, and has become a big advocate for moving out of Boston.



**Adam Gavarkovs** is an incoming PhD student in the Public Health Nutrition stream of the Population Health Sciences program. His research interests include the design, implementation, and evaluation of family-centered interventions aimed at addressing childhood obesity, with a particular interest in engaging fathers and how interventions can be better sustained in real world settings. To that end, Adam is very fortunate to be working with **Dr. Kirsten Davison** and her team on a number of participatory-based projects in the greater Boston area. Adam has previously completed degrees at Western University in Ontario, Canada, and Brown University, in Providence, Rhode Island. Besides his scholarly work, Adam enjoys being active and is consistently disappointed with the performance of the Toronto Maple Leafs.

**Sharan Rai** is a first-year doctoral student in Population Health Sciences (PHS) with a focus in nutritional epidemiology. She is originally from Vancouver, British Columbia, and she completed her BSc and MSc degrees at the University of British Columbia. For her MSc thesis, she conducted population-based studies of gout, including those describing the disease and cost burden of gout among Canadians. Following the completion of her MSc degree, Sharan accepted a position within the Division of Rheumatology, Allergy, and Immunology at the Massachusetts General Hospital to conduct a randomized trial of an educational intervention for patients with inflammatory arthritis.



Sharan chose to study at Harvard because of the school's leadership and innovation in the fields of nutrition and epidemiology as well as the PHS program's focus on collaborative learning. Under the mentorship of **Dr. Qi Sun**, Sharan hopes to extend her work to-date in gout to study dietary and lifestyle risk factors for other chronic diseases; namely, cardiovascular disease (CVD), diabetes, and other metabolic disorders. In her spare time (which seems to be rapidly diminishing), Sharan enjoys reading and/or having a glass of wine on a patio (Susana Balbo Signature cabernet sauvignon).



**Fenglei Wang** just completed his Master degree at Zhejiang University, China. His concentration will be in Nutritional Epidemiology and **Dr. Walter Willett** will be his advisor. During Fenglei's master's study, he participated in the amendment of the Chinese Dietary Guidelines. It was then that he realized the great importance of nutritional epidemiological research. That's the main reason Fenglei chose to study here at the Harvard Chan School, where nutritional epidemiology has become part of mainstream nutrition. His potential research interests will be in the relationship between diet and non-communicable disease. Fenglei is also interested in the new -omics technologies such as metabolomics, metagenomics, and metatranscriptomics in nutritional research.

**You Wu** is a 1<sup>st</sup>-year doctoral student in the Population Health Sciences program, nutritional epidemiology track. She got her master's degree in Epidemiology this summer from Harvard T.H. Chan School of Public Health. With a sincere interest in nutrition and women's health, You has been working on the relationship between dietary fiber and breast cancer with **Dr Stephanie Smith-Warner** during her graduate studies. She is also involved in **Dr Edward Giovannucci's** project on body composition. You will continue exploring these topics in her doctoral training. Her favorite dishes include Tom Yum noodle soup, lotus root (ideally in a hotpot), and home-made yogurt. And she loves watercolor painting!



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## STUDENTS - DO YOU HAVE QUESTIONS? NEED SOME HELP?

Ask Stef Dean, your Academic Coordinator!



**Stef Dean** is the Academic Coordinator for the Department of Nutrition. She works closely with the students, faculty, and post-docs in the department. For students, she is the primary contact for virtually any of their questions related to the program requirements/milestones, academics, funding, and resources available through the department, as well as in the school as a whole. Stef works with the other departments at Harvard Chan as well as the various administrative offices, such as the Registrar's Office, the Office of Financial Aid, Student Services, Student Affairs, the Office of Diversity and Inclusion, Office for Career Advancement, Office of Education, etc. If she isn't able to help a student with their question, she is happy to connect the student to the appropriate office, service, or contact.

*Some of the areas of interest for students that Stefanie manages for the department are:*

- Admissions
- Course planning/scheduling
- Curriculum updates
- Qualifying examinations
- Financial aid/funding
- Outside funding for students
- Pre-doctoral training grant appointments
- Teaching Assistant/Fellow assignment and compensation
- Training sessions and annual Student Retreat
- Social event/networking planning
- Audit and approval for graduation

Stef joined the Department of Nutrition in 2010 to work on the Lifestyle Validation Study (Women's and Men's) under **Dr. Walter Willett** and **Dr. Eric Rimm**, respectively. She transitioned to her current role in 2014. She is originally from Southern Pines, North Carolina and graduated from UNC-Chapel Hill with a BS in Biology and a minor in Ecology/Environmental Science. After working for a few years, Stef attended graduate school at the University of Michigan School of Public Health where she earned her MPH in Nutrition/Dietetics. She completed her dietetic internship at the University of Michigan and became a Registered Dietitian. Since then, she has gained experience as a dietitian in a clinical setting, at a public health institution, and within research. Stef uses these experiences to influence her work in the department.

In her spare time, Stef enjoys spending time with her family, preferably in nature: cycling, hiking, swimming, and camping. She is also reliving the joys of the playground with her young daughter.

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## NUTRITION IN THE NEWS

### Nurses' Health Study II Receives Perfect Score!

The NHS II infrastructure grant has just received a perfect score in its peer review. Although the budget has not yet been approved, **Dr. Walter Willett** strongly believes it will be funded.

The Nurses' Health Study II was founded in 1989 by Dr. Willett and colleagues, and has been funded by the National Institutes of Health ever since. **Drs. Willett and Heather Eliassen** serve as principle investigators. The purpose of NHS2 was to study diet and lifestyle risk factors in women who were younger than the original NHS1 participants. Nurses between the ages of 25 and 42 were recruited (the youngest nurses in NHS1 at the time were 43). The NHS2 investigators hoped to match the number of nurses enrolled in NHS1. They sent an invitation to more than half-a-million female nurses in California, Connecticut, Indiana, Iowa, Kentucky, Massachusetts, Michigan, Missouri, New York, North Carolina, Ohio, Pennsylvania, South Carolina, and Texas (the most populous states) and 116,686 nurses joined. Many members of NHS2 were daughters or nieces of NHS1 participants. Ninety percent of NHS2 nurses still participate! In the current 5-year funding cycle over 300 research papers have already been published on breast cancer and many other topics. The infrastructure grant proposal that has just received a perfect score would support the follow-up of the cohort and documentation of new cancers for another five years. This is a critical platform for much of the research conducted by our department and around our school, hence the importance of this funding. "The strong positive comments of reviewers of this proposal recognize the achievements of the NHSII", said Dr. Willett. "This could not have been accomplished without the amazing efforts of our administrative and financial staff as well as the many doctoral students, postdoctoral fellows, faculty, programmers, and other members of our research team. There is nothing like this anywhere else in the world."

**You may visit the original Nurses' Health Study website at: [www.nurseshealthstudy.org](http://www.nurseshealthstudy.org)**

## Nutrition Intervention To Prevent Diabetes and Hypertension at Worksites in Nepal

(Contributed by Dr. Archana Shrestha, Research Fellow)



A focus group discussion conducted during formative research

Photo courtesy of *Dr. Archana Shrestha*

**Dr. Donna Spiegelman** is Professor of Epidemiologic Methods in the Departments of Epidemiology, Biostatistics, Nutrition, and Global Health at the Harvard T.H. Chan School of Public Health. She, along with her postdoc, **Dr. Archana Shrestha**, are conducting transnational research to evaluate the effectiveness of environmental-level changes for reducing cardiometabolic risks at a hospital and at a wire factory in Nepal. The team has already conducted formative research to understand the feasibility and acceptability of environmental-level changes in the cafeterias of these two worksites. Based on their findings, an intervention has been designed to modify the food environment in the cafeterias of the worksites. The intervention includes: (a) Strengthening the management of the cafeteria by creating and training a representative management and consumer team; (b) Building the capacity of the cafeteria workers to include healthy foods in cooking; (c) Adding healthy food options and removing unhealthy foods; (d) Improving the visibility of healthy foods; and (e) Displaying health messages on the cafeteria walls. The effectiveness of the intervention for reducing cardiometabolic risk will be evaluated by a before-and-after intervention study design among prediabetic and prehypertensive employees. As of now, the study has enrolled 300 participants (82% of the target) after screening 755 participants. The intervention will launch in November 2017 after completion of the baseline data collection. If you would like to be involved, please email Dr. Shrestha at [shrestha@hsph.harvard.edu](mailto:shrestha@hsph.harvard.edu).

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## Professors Eric Rimm and Sarah Bleich Launch EVERGREEN

(By Aarohee Fulay, MPH)

### Rigorous nutrition policy research is critical to maximize impact:

Adequate nutrition is vital for good health and wellbeing. Efforts to improve nutrition are ongoing and intensifying among leaders in both the public and private sector. These programs have significant reach and potential to improve population health. For example, each year, 1 in 4 Americans participates in at least one of the 15 federal nutrition assistance programs. The largest of these programs is the Supplemental Nutrition Assistance Program (SNAP) (formerly known as food stamps) which provides nutrition assistance to 44 million Americans, approximately half of whom are children. Within the private

sector, more than two-thirds of U.S. employers offer wellness programs. Ongoing and rigorous research is needed to help maximize the reach and scope of current and future policies or programs aimed at improving nutrition.

### **What is EVERGREEN: The EVIDence-based Research GRoup to EvaluatE Nutrition policy?**

EVERGREEN: The EVIDence-based Research GRoup to EvaluatE Nutrition policy is a team of faculty, researchers, and students at the Harvard T.H. Chan School of Public Health that are committed to improving population health through research and evaluation of U.S. nutrition policies and programs. Led by **Dr. Eric Rimm**, in the Departments of Nutrition and Epidemiology, and **Dr. Sara Bleich**, in the Department of Health Policy and Management, this interdisciplinary research group investigates a wide variety of policy-relevant nutrition topics in the public and private sectors, such as the impact of financial incentives on the diets of SNAP participants, the effects of the Philadelphia beverage tax on prices and pass-through charges, the influence of food industry marketing programs such as Box Tops on consumer choice for families, and the impact of supermarket choice architecture, such as promotions and product placement, on food purchases, among many other projects.

### **Interested in our group?**

- Check out our website: <https://sites.sph.harvard.edu/evergreen/>
- Read our newsletter: <https://cdn2.sph.harvard.edu/wp-content/uploads/sites/89/2016/10/Final-EVERGREEN-Newsletter-September.pdf>
- Contact Aarohee Fulay ([afulay@hsph.harvard.edu](mailto:afulay@hsph.harvard.edu)) for more information!

### **Sources:**

*Summary of Annual Data, FY 2012-2016 and Characteristics of Supplemental Nutrition Assistance Program Households: Fiscal Year 2013*, United States Department of Agriculture  
*2015 Employee Benefits Tables*, Society for Human Resource Management

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### **Personal Care Product Chemicals Found in Men's Urine Samples**

A new study led by **Dr. Feiby Nassan**, postdoctoral fellow in the Departments of Environmental Health and Nutrition, and colleagues has found that certain personal care product chemicals were found in men's urine samples. 400 men in the Environment and Reproductive Health (EARTH) Study reported that they used 14 different personal care products. 1,037 urine samples were collected from these men between 2004-2015. For example, two of the chemicals, Phthalates and parabens, are widely used in personal care products such as cologne, sunscreen, and deodorants to extend shelf life. Some of these chemicals are endocrine disruptors and have been linked with adverse health outcomes. For example, exposure to phthalates may raise the risk of pregnancy loss and gestational diabetes. Dr. Nassan, who graduated from HSPH last May (<https://www.hsph.harvard.edu/feiby-nassan/>) is a new postdoc who is working with **Dr. Jorge Chavarro**.

**Nassan FL**, Coull BA, **Gaskins AJ**, Williams MA, Skakkebaek NE, Ford JB, Ye X, Calafat AM, Braun JM, Hauser R. Personal Care Product Use in Men and Urinary Concentrations of Select Phthalate Metabolites and Parabens: Results from the Environment And Reproductive Health (EARTH) Study. *Environmental health perspectives* 87012:1

**See also:** <https://www.hsph.harvard.edu/news/hsph-in-the-news/mens-personal-care-products-chemicals/>

### **To Learn more:**

[Report outlines effects of low-dose exposure to endocrine-disrupting chemicals](#) (Harvard Chan School news)

[Harmful, untested chemicals rife in personal care products](#) (Harvard Chan School news)

[Exposure to phthalates may raise risk of pregnancy loss, gestational diabetes](#) (Harvard Chan School release)

## Student Bicycling Preferences Surveyed in China

A recent study from Harvard T.H. Chan School of Public Health and Peking University has found that factors that motivate Chinese college students to bicycle include wide cycle tracks separating bicyclists from other traffic and bike parking facilities that contain security guards or cameras.

Lead author **Dr. Changzheng Yuan**, ScD '15, ScM '12, now a postdoctoral research fellow in the Department of Nutrition, conceived the idea while, as a master's student at Harvard Chan School, she took the bicycle environments and public health class taught by **Dr. Anne Lusk**, research scientist and other bicycle researcher in the Department of Nutrition. Lusk challenged students in her class to develop and conduct surveys to find out what motivates people to take up cycling. Yuan and colleagues later developed a survey, which was distributed to students in six dormitories; they collected completed questionnaires from 410 students.

The authors found that the students in China considered cycle tracks dedicated just to bicycle traffic the safest way to travel on roadways. "Effective ways need to be provided to deter cars from driving and parking on the wide cycle tracks," Yuan said. She and her colleagues suggested to transportation officials that they consider adding a fence down the wide tracks to separate cyclists from other vehicles.

Their poll showed that students preferred bike parking sheds that had painted lines to offer more space and order, similar to the lines marking spaces in parking lots. "Enhanced bike parking that lessens the risk of bike-on-bike damage would increase the number of bicyclists," Yuan said.

Yuan, C, Sun, Y, Lv, J, Lusk, A. (2017) "Cycle Tracks and Parking Environments in China: Learning from College Students at Peking University." *International Journal of Environmental Research and Public Health*. August, 14, 930.  
<https://cdn1.sph.harvard.edu/wp-content/uploads/sites/1008/2012/08/ijerph-14-00930-v2.pdf>

**See also:** <https://www.hsph.harvard.edu/news/hsph-in-the-news/bicycling-preferences-china/>

### To Learn More:

[Biking on cycle tracks safer than cycling in the road](#) (Harvard Chan School news)

[How can we make biking safer and easier?](#) (Harvard Chan School's *This Week in Health* podcast)

[Solar-powered cycle paths, wheel-friendly escalators: Innovations to make biking easier and safer](#) (Harvard Chan School news)

[A history of bicycle environments in China](#) (*Harvard Asia Quarterly*, Anne Lusk, 2012)

**Dr. Josiemer Mattei**, Assistant Professor, and her group were recently awarded a McLennan Dean's Challenge Grant Program Award to study behavioral determinants of successful aging in Puerto Rican older adults living in Puerto Rico and the mainland U.S.

## NEW MEMBERS OF THE DEPARTMENT

*We would like to welcome the following people to the Department of Nutrition!*



### **Kali DiPilla**, Clinical Research Assistant

I am a clinical research assistant on the MIND Trial. I recently graduated from Emmanuel College—just across the street—in May! My degree is in Biology (Physiology) with a minor in psychology. This past year I worked as a patient care assistant at Brigham and Women's Hospital, where I gained clinical experience so that I am able to apply to PA school in the future. When I'm not at work, I spend my time being active outdoors and trying new restaurants around the city! I spent the summer working on Nantucket but I am glad to be welcomed back into the city with this new opportunity!



**Reva Seager**, Research Assistant

Hello, everyone! My name is Reva Seager, and I was recently hired as a Case Manager on the MIND Trial. My main role will be working with participants after they are assigned to one of our diet groups and counseling them on dietary and behavioral changes they can incorporate into their lives. I am very excited to be in Boston and a member of this team. I'm looking forward to interacting with participants and being able to utilize my previous experiences, education, and training in this role. A little bit more about me: I am originally from Central New York. I received my Bachelor's degree in Nutritional Sciences and Dietetics from Cornell University. Following graduation, I received my Masters of Science in Public Health and completed my dietetic internship at Johns Hopkins Bloomberg School of Public Health. In my spare time, I like to practice yoga and try new restaurants!



**Zeynep Begum Kalyoncu**  
*Fulbright Research Fellow*

This is **Begum** (pronounced just like the word 'legume' but with a B) from Turkey. I am a Fulbright Research Fellow and I will be working in **Dr. Kirsten Davison's** research team, Communities for Healthy Living (CHL) for the next academic year. I am trained as a dietitian; my master's was on Health Food Innovation Management and now I am in the final year of my PhD, which is on Nutrition. My PhD research is about culinary integration of immigrants to Turkish cuisine. Throughout this year I will be working on the CHL project, writing my dissertation & articles related to my research, and auditing some courses. My research interests are obesity prevention, culinary integration, dietary acculturation of immigrants, and culinary nutrition. I love reading, cooking, traveling, and being active in general. During my time in Boston, I would also like to learn dancing salsa and bachata.

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## MONDAY NUTRITION SEMINARS

The Department of Nutrition holds its weekly **Monday Nutrition Seminar Series** every Monday throughout the academic year. The talks are varied, but they highlight the many different aspects of cutting-edge research that is currently being conducted in the fields of nutrition and global public health. These seminars are held from **1:00-1:20 pm in Kresge 502** at the Harvard T.H. Chan School of Public Health. The seminars are free and open to the public.

*The following speakers will discuss their work in October:*

- |            |                                                                                                                                                                  |
|------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| October 2  | <b>Dr. Donna Spiegelman</b> (HSPH), Professor of Epidemiologic Methods; and <b>Dr. Archana Shrestha</b> (HSPH), Post-doctoral Fellow, Department of Epidemiology |
| October 9  | <b>Columbus Day</b> (no Monday Nutrition Seminar)                                                                                                                |
| October 16 | <b>Dr. Jorge Chavarro</b> (HSPH), Assistant Professor of Nutrition                                                                                               |
| October 23 | <b>Dr. Anuraj Shankar</b> (HSPH), Senior Research Scientist                                                                                                      |
| October 30 | <b>Dr. Emily Oken</b> (HMS), Professor of Population Medicine; Professor in the Department of Nutrition (HSPH)                                                   |

## RECIPE CORNER

(Contributed by Guy Crosby, Ph. D., CFS, "the cooking science guy")\*

# Delicious Mediterranean-Style Pasta



This recipe was adapted from one developed by Diane Unger for Christopher Kimball's Milk Street Kitchen (Christopher Kimball's Milk Street Magazine, Issue 2, March-April, 2017, page 4). The following recipe serves two, but is easily scaled up to serve four adults, and takes only about 30 minutes to prepare. It is a low-calorie (approximately 550 Kcal per serving) healthy source of omega-3 fatty acids, olive oil, and protein. Although pasta is often criticized as being a high-starch food, the glycemic index of spaghetti has been determined by Wolever and Jenkins to be only 41 relative to glucose (*J Am Coll Nutr* 1987; 6: 295-305). Anything below 50 is considered to be a low glycemic food. When cooked *al dente* the strong gluten protein surrounds the starch granules slowing the rate of digestion (*Brit J Nutr* 2000; 83: S149-S155). The downside is the relatively high level of sodium (about 735 milligrams per serving, or 32% of the recommended daily intake). The recipe also works well with whole-wheat spaghetti. The secret is to cook the spaghetti about two minutes less than *al dente*, then finish cooking it in the liquid so the pasta absorbs some of the sauce enhancing its umami-rich taste. And don't be afraid to cook with anchovies. When finely minced they literally disappear into the olive oil. No one will even know your secret to great taste!

(Serves two)

### **Ingredients:**

- 6 ounces of spaghetti
  - 2 Tbsp of virgin or extra virgin olive oil
  - 3 garlic cloves, thinly sliced
  - ½ tsp of red pepper flakes
  - 6 anchovies filets, drained and minced
  - 1 ½ Tbsp of capers, plus 1 Tbsp of caper brine
  - 1 tsp of fresh lemon zest
  - 1 ½ Tbsp of fresh squeezed lemon juice
  - ½ cup of freshly chopped parsley
  - 1 ounce of grated parmesan cheese (about ½ cup).
- Bring a pot of lightly salted water to boil. Add the pasta and cook until 2 minutes less than the package directions for *al dente*. Reserve one cup of the cooking water, then drain the pasta.
- In a large 12 inch skillet combine the olive oil, garlic, pepper flakes, anchovies and capers. Cook, stirring occasionally, until the garlic is light golden and fragrant, and the anchovies virtually disappear, about 5 minutes. Add about ¾ cup of the reserved pasta water and bring to a simmer. Add the pasta and stir occasionally until most of the liquid has been absorbed and the pasta is *al dente*, about 3-5 minutes.

• Off heat, stir in the lemon zest and juice, the caper brine (omitting reduces sodium content), parsley, and half of the cheese. Serve topped with the remaining cheese. What could be easier or quicker for a weeknight meal!

\* Guy Crosby, Ph. D., CFS, "the cooking science guy", is an adjunct associate professor in the Department of Nutrition of the Harvard T H Chan School of Public Health, where he teaches NUTR209, "Seminars in Food Science, Technology, and Sustainability", along with assistant professor Gary Adamkiewicz. He is also the science editor for Christopher Kimball's new Milk Street Kitchen. You can learn more about Guy at: [www.cookingscienceguy.com](http://www.cookingscienceguy.com).

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## New Appointments in Nutrition Department

*The following people have recently received new appointments at the Harvard T.H. Chan School of Public Health:*

**Dr. Maryam Farvid**, Research Scientist

**Dr. Sylvia Ley**, Research Scientist

**The Department of Nutrition is currently seeking candidates for the position of Assistant or Associate Professor in Public Health Nutrition. Please feel free to share this with your colleagues!**

*For more information:* <http://academicpositions.harvard.edu/postings/7477>

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**The Department of Nutrition has posted a call for applications for an Assistant/Associate Professor of Nutrition and Planetary Health. The job posting can be accessed via the link below. Please share this with your colleagues!**

<http://academicpositions.harvard.edu/postings/7660>

## STUDENT NEWS

**Alvin Tran** has received the APHA Annual Meeting Scholarship to attend the 2017 Annual Meeting and Expo in Atlanta, GA this November.



**Hannah Cory** has been selected as a Robert Wood Johnson Foundation Health Policy Research Scholar and joins the programs' second cohort of doctoral students this year. Health Policy Research Scholars is one of a number of leadership development programs supported by the Robert Wood Johnson Foundation (RWJF). As one of 40 selected applicants, Hannah will join a diverse group of scholars from across the country to collaboratively tackle persistent health challenges by creating innovative solutions through their research. As part of the program, Hannah will receive annual funding and training to further her research into causes and strategies for mitigation of disparities in chronic disease risk and outcomes amongst adolescents of color.

## NUTRITION SOURCE UPDATES

If you would like to remain current as to what is happening in the field of nutrition, please be sure to view our **Nutrition Source** website for the latest updates!

(See: <https://www.hsph.harvard.edu/nutritionsource/>)

### Sources of insight or confusion?

Exploring the misuse of meta-analysis in nutrition research:

<https://www.hsph.harvard.edu/nutritionsource/2017/09/18/meta-analyses-nutrition-research-sources-of-insight-or-confusion/>

### PURE study makes headlines, but conclusions misleading

Looking beyond the sensational headlines and assessing key problems in the study's methodology:

<https://www.hsph.harvard.edu/nutritionsource/2017/09/08/pure-study-makes-headlines-but-the-conclusions-are-misleading/>

### Back-to-School Fuel

Amidst hectic school-year schedules, here are some tips to make sure healthy packed meals aren't an afterthought:

<https://www.hsph.harvard.edu/nutritionsource/2016/09/21/back-to-school-fuel/>

### Most Box Tops foods do not meet school nutrition standards

Study finds less than one third of foods included in the school-based marketing program meet federal nutrition

standards: <https://www.hsph.harvard.edu/nutritionsource/2017/08/29/box-tops-foods-smart-snacks-standards/>

Also, listen to study authors Alyssa Moran and Dr. Elsie Taveras discuss the research with *This Week in Health* podcast: <https://www.hsph.harvard.edu/news/multimedia-article/box-tops-marketing-nutrition/>

## Other Departmental Research Updates & News Clips

- Q&A with Juliana Cohen on the importance of school meals, and how much they have improved: <https://news.harvard.edu/gazette/story/2017/09/school-lunch/>
- Purchases under federal SNAP program show higher spending on less healthy foods: <https://www.hsph.harvard.edu/news/features/snap-program-spending-less-healthy-foods/>
- Vitamin D deficiency may raise women's MS risk: <https://www.hsph.harvard.edu/news/hsph-in-the-news/vitamin-d-ms-risk/>

- Physical activity, whole grain consumption may lower colorectal cancer risk:  
<https://www.hsph.harvard.edu/news/hsph-in-the-news/whole-grains-exercise-colorectal-cancer/>

## SAVE THE DATE ANNOUNCEMENTS!

On November 1, 2017, the Nutrition Department at the Harvard T.H. Chan School of Public Health will be celebrating its **75<sup>th</sup> year!** At the same time we will also be having our **13<sup>th</sup> Annual Stare-Hegsted Lecture.** Dr Lawrence J Appel, of The Johns Hopkins University, will be this year's speaker. The two events will be combined that afternoon. The Department will be celebrating its 75 years with a symposium starting at 1:00 pm and the Stare-Hegsted Lecture will be at 4:30 pm, with a reception afterwards. Both events will take place at the NRB in the Rotunda Room. More details will follow later.

## A WONDERFUL TIME WAS HAD BY ALL AT THE PICNIC!

The Nutrition Department held its annual picnic at Larz Anderson Park on September 16, 2017 at Larz Anderson Park in Brookline. As you can see below, everyone had a wonderful time!





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