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Message from the H&N Division Chair

Dear Colleague

On behalf of the Executive Steering Committee (ESC), we want to recognize the effort and leadership of our outgoing Chairs, Fabiola Dionisi and Matt Miller, for their conduct of H&N over the past years. We know that we will continue with the support and experience of both. As H&N's newly appointed ESC, we look forward to the challenges that these new roles present, and we are very excited about working together with our members.

We thank everyone for their time and efforts in achieving a successful 2022 AOCS Annual Meeting & Expo. We recognize the volunteer efforts of the Chairs, Co-Chairs, and award judges for their hard-working support and commitment. Without any doubts, success would not have been achieved without them.

We are looking forward to your participation at the [2023 AOCS Annual Meeting & Expo](#) from April 30–May 3 at the Colorado Convention Center, Denver, Colorado, USA. We are already working to develop an attractive program along with updated webinars. [Submit your abstract here.](#)

The main topics that we want to highlight at the meeting are:

1. Evidence to support and refute the n-3 and n-6 polyunsaturated fatty acid diet debate
2. Designing protein diets for healthy aging
3. Omega-3 fatty acids: all the same or different from one another?
4. Brain fatty acid metabolism and signaling in inflammation
5. Whole-milk dairy foods and health: dairy fat and beyond

Please contact any members of the H&N ESC to provide feedback or to volunteer! We are really excited, and we hope that the H&N program can meet the expectations of our members!

Wishing you all the best,
Ignacio Vieitez H&N Division Chair

Division officers

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Renew your AOCS membership



Thank you for being a part of the AOCS community! AOCS will continue to be your resource for learning about new technologies and creating collaborations. As an AOCS member, you have access to [member benefits](#) such as AOCS journals, *INFORM* magazine, and discounts to AOCS meetings and educational courses to help you on your professional journey.

[Renew your 2023 membership today.](#)

Member news

H&N would like to recognize 2022 division award winners. We celebrated the individuals below at our awards dinner in Atlanta during the 2022 AOCS Annual Meeting & Expo and wanted to share that experience with everyone.

Another huge congratulations to all of our award winners!

Martha Ann Belury, Ralph Holman Lifetime Achievement Award

[Get to know Martha Ann in this award winner spotlight.](#)

Waqas Baba, H&N Student Excellence Award

[Get to know Waqas in this award winner spotlight.](#)

Sugasini Dhavamani, New Investigator Research Award

[Get to know Sugasini in this award winner spotlight.](#)



Martha Belury receiving the Ralph Holman Lifetime Achievement Award at the H&N Dinner.

Submit your research for the 2023 AOCS Annual Meeting & Expo



The [call for papers](#) for the 2023 AOCs Annual Meeting & Expo is officially open!

The health and nutrition program organizer, Rinat Ran-Ressler, has created an impactful lineup of sessions that could feature your research. Take a look at a few highlights:

Oil Contaminants and the Effect on Health and Nutrition

Joint Session with the Analytical Division

Studies on the lipid and lipidomic aspects impacting human health and the nutritional value of food.

Session Chairs: Giorgia Purcaro, Professor, Gembloux Agro-Bio Tech, University of Liège, Belgium; Rinat Ran-Ressler, Principal Scientist, Nestle, USA; and Ignacio Vieitez Osorio, Full Research Professor, Department of Science and Food Technology, School of Chemistry, Universidad de la República, Uruguay

Omega-3 Fatty Acids: All the Same or Different from One Another?

Controversy about the health effects of omega-3 and omega-6 fatty acids, with focus on cardiometabolic diseases; the health benefits and adverse health effects of linoleic acid and EPA and DHA (both from diet and supplements/pharmacotherapy); study limitations that are the basis for the ongoing debate; contemporary ideas about what PUFA recommendations.

Session chairs: Penny Kris-Etherton, Professor of Nutritional Sciences, Pennsylvania State University, USA; and Kristina Harris Jackson, Director of Research, Omegaquant Analytics, USA

Brain Fatty Acid Metabolism and Signaling in Inflammation

Factors that regulate brain PUFA levels including diet and brain uptake to ultimately understand how brain PUFA levels are regulated and how these factors can ultimately influence brain signalling with a focus on neuroinflammation.

Session chairs: Richard Bazinet, Professor, University of Toronto, Canada; and Ameer Taha, Associate Professor, University of California at Davis, USA

Submit your research

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Fundamentals of spectroscopy in the analysis of fats and oils

Learn the value of spectroscopy in analytical chemistry
October 19, 2022 | 9 a.m.– Noon CDT (Chicago, USA; UTC-05) | Online

Join Dr. Jonathon Speed, CChem, Product and Applications Director at Keit Spectrometers, for "Fundamentals of Spectroscopy" — a one-day [AOCS Continuing Education Program](#) course that will unveil the value and diverse uses of spectroscopy in fats and oils analysis.

Attendees will learn:

- What is happening during spectroscopy
- Which wavelengths of light are used to obtain different information
- How to interpret spectra relevant to fats, oils, and greases from a range of different instruments and wavelengths
- How to identify the optimum technology for a given application, understanding its strengths and weaknesses
- Common spectroscopic techniques including Raman, Fourier transform infrared (FTIR), and near-infrared (NIR)

Register today

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Fall picks from the editor

From the lab bench to the executive suite

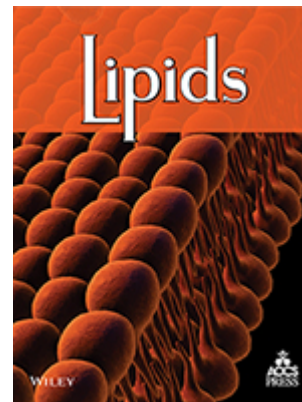
Angeliki Triantafyllou recounts her compelling journey from post-bachelor's career anxiety through the founding and eventual initial public offering of the Swedish oat milk company, Oatly. For those with a passion for entrepreneurship, Angeliki's story is a reminder that uncertainty presents opportunity, and to follow the path that excites you most.

[Read the article.](#)



alpha-linolenic acid interconversion is sufficient as a source of longer chain omega-3 polyunsaturated fatty acids in humans: An opinion

Just when you thought alpha-linolenic (ALA) was down and out, this opinion article argues against the commonly held view that conversion of ALA to the well-known EPA and DHA is inefficient and therefore, inadequate to provide meaningful health benefits and sufficient intake of omega-3 fatty acids. The debate itself has a long track record rife with nuance; however, the top-line goal among those engaged is to implement the knowledge best suited to promote human health and wellbeing. According to Altmetric analytics, the article has received significant attention from health practitioners, scientists, and the public since its publication in July 2022.



[Read the article.](#)

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[AOCS Webinars](#) are your opportunity to connect with researchers, industry experts, and thought-leaders from across the globe. Invest an hour of your day and be inspired. As an AOCS member, you have exclusive access to the [AOCS Member Webinar Library](#) to watch past webinars. Browse the on-demand webinars below for a taste of what the AOCS Member Webinar Library offers.

The future of food

Presenter: Brad McKay, President of McKay Consulting

With the world's population expected to grow by 2 billion by 2050, we will need new and innovative means of safely producing, manufacturing, and delivering food in a manner that supports the sustainability of the earth's environment and our species. This webinar will start with a look at human evolution and the history of food and then address the future of food and food manufacturing.

[View on demand.](#)

Evolution of flaxseed in food applications

Presenters: Clifford Hall III, Professor, South Dakota State University, USA; Mehmet C. Tulbek, Director, AGT Foods, Canada; Janitha Wanasundara, Research Scientist, Agriculture and Agri-Food, Canada

Flaxseed is a functional oilseed crop that is a rich source of alpha linolenic acid, proteins, carbohydrates, and dietary fiber. It has unique components such as lignans and mucilage (natural hydrocolloids), which can deliver health and functional benefits in formulated systems. Watch this webinar to learn about the historical use and evolution of flaxseed as an ingredient in food applications.

[View on demand.](#)

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Share your thoughts

The H&N Leadership Team wants your input!

Have you recently started a new position? Landed a grant? Published research? Tell us about it! We'd love to help you share the good news with the rest of the Division. If you have other newsletter suggestions, we would love to know!

[Email Newsletter Editor Jake Olson](#) so we can include your achievements in the next H&N Division newsletter.

STAY CONNECTED



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