MEN’S LIFESTYLE VALIDATION STUDY CONTINUES TO PROVIDE EVIDENCE THAT FFQs REMAIN A VALID TOOL TO ASSESS NUTRIENT INTAKE

The MLVS demonstrates a collective effort of a large research team with diverse backgrounds, skills and expertise. Many people in the Nutrition Department have contributed to its success. NutriNews interviews two of those individuals, Dr Laila Al-Shaar and Dr Jeremy Furtado, below. The work of other researchers who have made major contributions to the Men’s Lifestyle Validation Study will appear in future issues of NutriNews.

Dr Laila Al-Shaar
NN: Dr Al-Shaar, you are now a Visiting Scientist in our Department. Could you please tell us a little about your history here in Nutrition and your general background?

LAS: Prior to starting my PhD in Population Health Sciences at the Nutrition Department, I received a Bernard Lown Scholarship at Harvard T.H Chan School of Public Health in 2014 to advance my skills in cardiovascular epidemiology and promote cardiovascular health in my home country, Lebanon. Back then, I was working as a data manager and analyst at the Vascular Medicine Program of the American University of Beirut Medical Center, Lebanon, and was curious to know more about the different risk factors that are associated with the onset of cardiovascular diseases in the Lebanese population. Through this fellowship, I initiated my collaboration with Dr Walter Willett, which was further strengthened after I started my PhD in 2016 focusing on Nutritional Epidemiology. In 2019, I received the NIH T32 postdoc fellowship at the Program in Cardiovascular Epidemiology and was co-mentored by both Drs Walter Willett and Eric Rimm.

NN: Where are you now, and what are you doing there?

LAS: I have recently moved to Hershey, Pennsylvania to start a new academic job at Penn State College of Medicine as an Assistant Professor in the Division of Epidemiology. I am also still working at the Nutrition Department as a Visiting Scientist.

NN: I understand much of your research here centered around the Men’s Lifestyle Validation Study, a substudy of the HPFS. Could you just give us a brief overview of the MLVS and explain how it differs from the larger HPFS?

LAS: The Men’s Lifestyle Validation Study was conducted between 2011 and 2013 to evaluate the validity of the dietary and physical activity assessment methods that are currently used in the field. Briefly, this study included a subset of Health Professionals Follow-up study participants and men from the greater Boston area who were members of the Harvard Pilgrim Health Care insurance plan. In total, 671 participants completed the study, and their dietary, physical activity, and biomarker measurements were collected over approximately a 15-month period.

NN: I see that you recently published a key paper in AJE, which underpins so much of what we do in the Department of Nutrition. Would you mind giving us a brief synopsis of why this paper is so important?

LAS: This study investigated the validity and reproducibility of our semi-quantitative food frequency questionnaire which has been used to assess food intake throughout the years by participants of the Health Professional Follow-up study cohort. This study is considered one of the largest dietary validation studies in the field of Nutritional Epidemiology and was supported by the National Institutes of Health. In this study, participants completed two food frequency questionnaires at baseline and then 12 months later. Two 7-day dietary records, up to four 24-hour dietary recalls, two blood samples, and 4 urine samples were additionally collected. This study provided strong evidence that our semi-quantitative food frequency questionnaire is a valid tool to assess nutrients intake. It also showed that 24-hour recalls could be considered as a comparison method in validation studies as long as multiple measurements are being collected over time, in order to capture adequately seasonal variability and within-person variations. This study demonstrates a collective effort of a big research team with diverse background, skills and expertise which contributed to its success. It is also very important to thank the participants of this study and acknowledge their unique commitment.

NN: One final question: How have you managed during the Covid-19 crisis?

LAS: We’ve been doing well. During this pandemic, we travelled internationally with my two children, moved to a new place in Pennsylvania, and started a new job in a new environment. It is just a weird way to start your career as an Assistant Professor, while trying to reach out to potential collaborators and do all this through Zoom! But I think this is OK for now, and I do have high hopes that we will be back soon to our semi-normal life. Fingers crossed!

Dr Jeremy Furtado and His Lab Team

Jeremy Furtado, Sue Wong-Lee, Michael Barrins, and Matt Costa-Rodrigues

The Nutritional Biomarker Lab has been operating in the Department of Nutrition for over 25 years. The lab specializes in assays related to nutrients in human blood and tissues as well as blood lipids and lipoproteins. It routinely performs their Antioxidant Panel, Fatty Acid Profile, 25-OH Vitamin D, HDL Subspecies Panel, Blood Lipid Panel (TG, total cholesterol, and HDL cholesterol). Many more assays are available and new assays can be adopted or developed as needed. The lab works with researchers from Harvard University and beyond. The lab is directed by Dr Jeremy Furtado and staffed by Matthew Costa-Rodrigues and Michael Barrins.

NN: Dr Furtado, you have been in the Nutrition Department for quite a long time now in one capacity or another. I understand you began your career here as a research assistant in Dr Hannia Campos’ laboratory (now the Nutritional Biomarker Laboratory). You are now a Senior Research Scientist and Director of the lab. Would you mind telling us a little about your career trajectory here?

JF: Time certainly does fly! I started working in the lab back in August of 1998 shortly after finishing my undergraduate degree at Stonehill College. Originally, I was looking for a year or so of real-world lab experience before eventually starting graduate school for marine biology. I always had a personal interest in nutrition, so this job seemed like a great fit. After a year in the department, I realized that I really enjoyed working in this field. There was such a huge variety to the research being conducted in our department and I was able to participate in so many exciting projects due to my role in the lab. One year became two and it soon became clear that this was where I belonged. I enrolled in the doctoral program in nutrition and graduated in 2008. Over the 22+ years I have been here, I have been able to grow from research assistant to lab manager, project manager, and eventually Lab Director. Over the years I have been so fortunate to have had the pleasure to collaborate with so many amazingly talented individuals on an incredible variety of research projects in our Department.

NN: What do you do in your present position?

JF: While I spend much of my time directing the work that goes on in the Nutritional Biomarker Laboratory, what I like most about my position is the variety of different endeavors in which I’m able to participate. My doctoral dissertation focused on human lipoproteins under the mentorship of Dr Frank Sacks in our department, and over the years I have collaborated extensively with Dr Sacks in many studies of LDL and, more recently, HDL. Our work has resulted in novel assays for which Harvard University has been awarded patents. We have published several manuscripts together, the most recent of which is the first to show that different subspecies of HDL have differing relationships with heart disease risk, research that could help to refine risk prediction models and identify targets for therapy to reduce disease risk. Outside the lab, I co-teach NUT 202 – The Biological Basis of Human Nutrition, serve as co-chair of the Research Scientist Association Council, and am thrilled to be working on the Diversity & Inclusion Committee in our department.
NN: I understand that you and your lab team have played a major impactful role in our LVS and MLVS Studies over the years. As some of the assessment tools used in our data analyses involve blood, saliva, and urine samples submitted to our biospecimen laboratory by study participants, I imagine this has kept you rather busy. Could you please tell us how your lab analyzes these samples and what you do with them? Why is this so important to our studies?

JF: We were thrilled to be asked to participate in these important studies. I recall first planning these assays with Drs Walt Willett and Junaidah Barnett back in 2010. Our laboratory specializes in an antioxidant panel and a fatty acid profile panel, which can be used as biomarkers of dietary intake for certain nutrients. The antioxidant panel provides the concentration of several carotenoids, xanthophylls, retinol, and tocopherols in human plasma, which can be used to validate the assessment of intake of fruits and vegetables by food frequency questionnaire or diet records. The fatty acid profile provides an assessment of the relative proportions of 45 different fatty acids in human blood. This assay can be used to validate the accuracy of dietary fat intake quality by the dietary assessment tools. Our laboratory assays served as objective reference measures for assessment of the relative validity of different dietary assessment methods used in the WLVS and MLVS by providing an independent source of dietary intake information with errors that are not correlated to those in diet records or food frequency questionnaires.

NN: May last question: How have you managed to cope during our Covid-19 pandemic this past year?

JF: It would be an understatement to say that the pandemic has been a challenge for everyone, for sure. We’ve all been affected differently and have our own unique stories. When we first received word that we’d be closing down the lab for a few weeks to “flatten the curve”, I was concerned about the negative impact that missing a few weeks of productivity would have on our clients’ projects. Little did we know that a few weeks would become months. But the lab staff, who consisted of Sue Wong-Lee, Matt Costa-Rodrigues, and Michael Barrins, did an amazing job of remaining motivated and resilient as we refocused our efforts. We were able to prioritize computer-based data analysis tasks that could be done at home and tackle literature searches to improve our lab protocols and prepare for the addition of lab assays to our menu of services. I seemed that we were busier than ever. When we were able to return to the lab in June of 2020, the staff headed in with confidence and excitement to resume lab activities. It was a challenge to get used to the “new normal” in a nearly empty building with strict rules to limit interaction. Trying to get our work done in a socially distanced setting and with difficulty obtaining even the most routine of lab supplies due to supply shortages required a major shift in how we worked. But the staff did a great job of adjusting. Sue, Matt, and Michael deserve kudos for not skipping a beat as we’ve dealt with so many drastic changes to our work over the past year. Like everyone else, we’re looking forward to seeing our colleagues again as we move toward Summer and Fall and the school is able to come back at least closer to normal.

NEWS FROM AROUND THE NUTRITION DEPARTMENT

AWARDS

Dr Miguel Ángel Martínez-González, Professor at the University of Navarra, and Adjunct Professor of Nutrition, received the prestigious 27th edition of the Danone Institute Award in honor of his Scientific Career in Food, Nutrition and Health, “Dr. Carles Martí Henneberg”. The online event, presented by the journalist Carme Chaparro, took place on Tuesday, March 2 at 12:00 noon. During the event, Dr Martínez-González delivered a lecture entitled “From what you eat to what you drink?”

Since its creation, the Danone Institute has been at the side of health professionals to help them in their day-to-day work. Now, it is always evolving together with its main public, to adapt to new needs and challenges that involve issues such as food sustainability, healthy aging or obesity prevention.

To view the event: https://institutodanone.allhandsmeeting.es/
Congratulations to Dr Erica Kenney, Assistant Professor of Public Health Nutrition, who has been selected as a recipient of this year's Everett Mendelsohn Excelling in Mentoring Award!

Since 1999, the Harvard GSAS Student Council (GSC) has presented the Everett Mendelsohn Excellence in Mentoring Award, annually, to one or more Harvard faculty members based on nominations from GSAS students. The GSC hosts this award to highlight, for the entire Harvard community, faculty members who provide exceptional mentorship to graduate students. This year, students submitted over a hundred nominations and Dr. Kenney was selected as one of the five recipients. She will be honored at a virtual awards ceremony on April 12th, 4 PM ET to 6 PM ET. 

To register for the event: https://engage.gsas.harvard.edu/event/6998846

PUBLICATIONS

Dr Daniel Wang and colleagues recently published an original research article in Nature Medicine. In this study, the team analyzed microbiome data from 307 participants in the Health Professionals Follow-Up Study, together with long-term dietary information and measurements of biomarkers of cardiometabolic disease risk from blood samples. They demonstrate that a healthy Mediterranean-style dietary pattern is associated with specific functional and taxonomic components of the gut microbiome, and that its protective associations with cardiometabolic health vary depending on microbial composition. In particular, the protective association between adherence to the Mediterranean diet and cardiometabolic disease risk was significantly stronger among participants with decreased abundance of Prevotella copri. These findings advance the concept of precision nutrition and have the potential to inform more effective and precise dietary approaches for the prevention of cardiometabolic disease mediated through alterations in the gut microbiome.


In a recent paper published in Circulation, Dr Daniel Wang and colleagues found that higher consumption of fruits and vegetables is associated with a lower risk of death in more than 100 thousand men and women from the Nurses’ Health Study and the Health Professionals Follow-up Study and a meta-analysis in nearly 2 million adults around the world. Five daily servings of fruits and vegetables, eaten as 2 servings of fruit and 3 servings of vegetables, may be the optimal amount and combination for a longer life. Not all foods that one might consider to be fruits and vegetables offered the same benefits. Starchy vegetables, such as peas and corn, fruit juices and potatoes were not associated with reduced risk of death from all causes or specific chronic diseases. These findings support current U.S. dietary recommendations to eat more fruits and vegetables and the simple public health message “5-a-day.”


Dr Frank Qian and colleagues have published the following paper in Diabetes Care:

FACULTY APPOINTMENTS AND PROMOTIONS

The following people in the Department of Nutrition have been reappointed or promoted:

Qibin Qi, PhD has been reappointed as Adjunct Associate Professor of Nutrition.

Christopher Duggan, MD has been reappointed as Professor in the Department of Nutrition.

Qi Sun, MD, ScD has been reappointed as Associate Professor in the Departments of Nutrition and Epidemiology.

Shilpa Bhupathiraju, PhD has been promoted to Assistant Professor in the Department of Nutrition.

Marta Guasch-Ferre, PhD has been promoted to Senior Research Scientist.

MEET A MEMBER OF THE NUTRITION DEPARTMENT: AMINA GUEYE!

Our little family: Jean Pierre, Malick and I

Because we have all been working remotely for over a year now, many of you new people have never even met your colleagues here. NutriNews will be featuring various members of our Department from time to time in an effort to bring all of us closer together. This month we will be interviewing Amina Gueye, the “face of our department”. More of you will be featured in future issues.

NN: Amina, you’ve been with our department for a while now. Would you like to tell us what you do in your position here?

AG: It has been a little more than 5 years since I first joined Nutrition. As the Administrative Assistant, I act as the primary point of support and “face” of the department. I have had the privilege of building a relationship with each and every member of the department. I call it a privilege because it is a position that introduced me to many people from different backgrounds – whom I learn from and value.
**NN:** What did you do before you came to the Nutrition Department?

**AG:** I had just graduated from George Mason University—in Virginia—in 2015, before deciding to move to Boston. I started working in Nutrition full-time while studying to get my M.S. in Corporate and Organizational Communication.

**NN:** I understand you are originally from Senegal. Could you share a little about your country with us?

**AG:** Senegal is a tiny country in West Africa. We are—almost—surrounded by the Atlantic Ocean. Our landscape is made of beaches, plains and small pockets of tropical rainforest. Our daily life is about art (visuals, music, fashion etc.) and about “Teranga”; a Senegalese cultural concept which can be translated as always being welcoming to others.

**NN:** What would you recommend a prospective visitor try to see or visit while they were there?

**AG:** I would recommend joining a host family to really experience the daily life in Senegal; I would also suggest visiting the beaches, trying the Senegalese restaurants, especially during the evenings when they are usually animated with a band playing local music. I believe, for any country one is visiting, one must just be present and take in every sound, smell and sight.

*Every day atmosphere in Goree; Boats anchoring, people bathing in the ocean*

**NN:** Do you have any thoughts of your own about Goree Island?

**AG:** Goree Island is beautiful. I feel that Senegal is proud to be able to look at the Island as a part of its history; though it is a tougher part of our history. Today the island is alive, free and expressive artistically. Goree remains a place of meditation for visitors and locals who live there in the heavy atmosphere of remembrance of the slavery trade that occurred.
La Maison des Esclaves; the Slave House, where the slave trade of men, women and children took place. It was built in 1776.

NN: I hear that Goree Island has a very vibrant artists colony. Since you yourself are an artist, is that where you found your original inspiration?

AG: Goree is truly inspiring for me, of course. The painting on this picture, inspired by Senegal’s history -- was shown during an exhibit at Lesley University called “Violence Transformed”. The painting is about how Masculine and Feminine energies inside of us drive us through life and influencing our choices. I illustrated the balance I believe every woman, and man, can reach; between the man and the female powers inside of them, to bring to life a virtuous warrior; not a bully, not a victim.

At the Violence Transformed Exhibit; to show the “Virtuous Warrior” 38x46

NN: Have you shown any of your work?
Yes, I have had the privilege to show my work at different exhibits; but since COVID put a halt on all shows – it has been a quiet time for creation!

NN: What do you like to do in your spare time?
AG: The list is long! Besides painting and drawing, I like to play different instruments, and sing. I love cooking and trying new recipes. When it comes to physical activity, I enjoy martial arts; my husband and I are Mixed Martial Art practitioners, and we love to learn and push ourselves.
**MORE NUTRITION NEWS**

**Lower Risk of Stroke Associated with Healthy Plant-based Diet**

According to a new study led by **Dr Megu Baden**, a postdoctoral fellow in the Department of Nutrition, people who eat diets with higher amounts of healthy plant-based foods and lower amounts of less-healthy plant-based foods may reduce their risk of stroke compared to people with lower-quality diets. Baden and colleagues found that healthy plant-based diets—defined as rich in foods such as leafy greens, whole grains, and beans, and including lower levels of foods like refined grains, potatoes, and added sugars—may lower overall stroke risk by up to 10%.

Baden states that “Our findings have important public health implications, suggesting that future nutrition policies to lower stroke risk should take the quality of food into consideration”. Although evidence suggests that plant-based diets may lower the risk of diabetes, cardiovascular disease, and other diseases, few studies have looked at whether these diets lower the risk of stroke; results of these studies have been inconsistent.

Health data from 209,508 women and men in the Nurses’ Health Study, Nurses’ Health Study II, and Health Professionals Follow-Up Study, who did not have cardiovascular disease or cancer at the start of their participation, was analyzed. Study participants were followed for more than 25 years and completed diet questionnaires every two to four years. Participants were scored on diet quality based on the healthfulness of the plant-based foods that they ate.

The researchers found that a healthy plant-based diet—in addition to being linked with 10% lower overall stroke risk—was associated with a modest reduction in risk of ischemic stroke, the most common type of stroke, which occurs when blood flow to the brain is blocked. There was no association found between a healthy plant-based diet and reduced risk of hemorrhagic stroke, which occurs when an artery in the brain leaks blood or ruptures.


**Longevity Boosted by the Right ‘5-a-Day’ Mix of Fruits and Vegetables**

According to lead author, **Dr Dong Wang**, Research Scientist, eating two servings of fruit and three servings of vegetables every day is the right mix for longevity. Wang states in a March 1, 2020, CNBC article that “This amount likely offers the most benefit in terms of prevention of major chronic disease and is a relatively achievable intake for the general public”.

**NN:** I understand you are expecting another “little one”. It looks like you will have your hands tied for a quite a while!

**AG:** Oh yes, we have been blessed with a second boy due at the end of April. We hope that all goes well. We are lucky to have them; they bring us tremendous joy and presence every second.
The study looked at 30 years’ worth of nutrition data from more than 100,000 women and men participating in the Nurses’ Health Study and the Health Professionals Follow-Up Study, as well as data from 26 other studies that included another 2 million adults worldwide.

Wang and colleagues found that eating more than five servings per day of fruits and vegetables was not linked with additional health benefits. However, the researchers also found that certain fruits and vegetables provided the biggest benefits, including green leafy vegetables such as spinach and kale, cruciferous vegetables such as broccoli and brussels sprouts, foods rich in beta carotene, and citrus fruits and berries. On the other hand, starchy vegetables such as peas, corn, and potatoes were found to be least helpful.

*Read the CNBC article:* [https://www.cnbc.com/2021/03/01/harvard-study-mix-of-fruits-and-veggies-linked-to-longevity.html](https://www.cnbc.com/2021/03/01/harvard-study-mix-of-fruits-and-veggies-linked-to-longevity.html)


**Findings from SUN Cohort Support Nutri-Score as Important Public Health Measure**

**Maira Bes-Rastrollo** (a past Research Fellow at Nutrition Dept of T.H. Chan School of Public Health in 2006 and 2007) and **Miguel A. Martínez-González**, Adjunct Professor of Nutrition at Harvard T.H. Chan School of Public Health, together with **Clara Gomez-Donoso**, have played a very active role in providing evidence on a current hot debate in Spain and other European countries on establishing a common front-of-pack nutrition labelling system (Nutri-Score).

Given the ongoing EU debate to implement this front-of-pack labelling system, findings from the Seguimiento Universidad de Navarra (SUN) cohort support Nutri-Score as a relevant public health measure. The scoring system underpinning Nutri-Score was able to predict better survival in this cohort. Subsequently, the EPIC cohort in Europe and another Spanish cohort (first author, **Carolina Donat-Vargas**) also found similar results. However, in the SUN cohort, placing olive oil in the best category of Nutri-Score was associated with the best prediction of survival.

Clara Gomez-Donoso defended her thesis under the supervision of Dr. Bes-Rastrollo and Martinez-Gonzalez last March 25. She also analyzed the level of public support for healthy product placement initiatives in supermarkets in Australia, Canada, Mexico, the United Kingdom and the United States using data from the International Food Policy Study.
More Victories on the Trans Fat Elimination Front!

It has been a long, tough fight, but our Department’s efforts to eliminate artificial trans fat continue to produce results not only in US, but in other countries as well.

Over half a million deaths globally are caused by consuming artificial trans fat each year. But since the World Health Organization (WHO) launched the REPLACE initiative in 2018, momentum toward global elimination of artificial trans fats in foods has been growing. We can claim another important win coming this past month: India is now on track to meet WHO’s call for trans fat elimination by 2023.

In early February, India passed a best-practice policy expanding a 2% limit of trans fats in oils and fats to all food products. Thailand is the only other country in Asia with best-practice trans fat policies in place. These new regulations in India, which will take effect starting in January 2022, will protect 1.38 billion people from the harmful effects of trans fats, including heart attack, stroke and cardiovascular-related death, reinforcing India’s position as a champion for trans fat elimination in the South Asia region.

In addition to eliminating trans fats, we have also supported healthy diets through action to reduce salt intake. Two weeks ago in Ethiopia, the Ministry of Health launched a mass media campaign encouraging the public to reduce salt in their food.

Even though the wheels of progress may continue to turn slowly, they will turn if we remain persistent in our commitments towards promoting healthy diets and improving cardiovascular health around the world!
The COVID-19 pandemic continues to affect nearly every aspect of our lives, creating a range of unique and individual impacts—including food access issues, income disruptions, and emotional distress.

Although there is no concrete evidence regarding specific dietary factors that can reduce risk of COVID-19 we do know, however, that maintaining a healthy lifestyle is critical to keeping our immune system strong. Research has also shown that individuals following five key habits—eating a healthy diet, exercising regularly, keeping a healthy body weight, not drinking too much alcohol, and not smoking—live over a decade longer than those who don’t. Additionally, maintaining these practices may not only help us live longer, but also better. For example, adults following these five key habits at middle-age were found to live more years that are free of chronic diseases, including type 2 diabetes, cardiovascular disease, and cancer.

This guide was created with the goal of providing some tips and strategies that may help. To download your copy of the *Healthy Living Guide 2020-2021*, go to the website below.

From: [https://www.hsph.harvard.edu/nutritionsource/2021/01/19/healthy-living-guide-2020-2021/](https://www.hsph.harvard.edu/nutritionsource/2021/01/19/healthy-living-guide-2020-2021/)
Please join us in congratulating our 22nd Annual Nutrition Stars!

*****30 years*****
Lilian Wai-Yin Cheung

*****25 years*****
Gökhan S. Hotamışlıgil
Patricia Lambkin
Frank Martin Sacks
Meir Jonathan Stampfer

*****20 years****
Ruifeng Li
Lydia Liu
Shiaw-Shyuan Yaun

***15 years***
Ganmaa Davaasambuu
Judy Shepro
Man Chang Tan
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 **1:00-1:50 pm** and are free and open to the public. Because of COVID-19, the seminars have been presented via Zoom since March of this past spring, and this zoom format will continue in the fall of 2020. A zoom link for viewing will be available one week prior to each seminar.
Our April speakers will be:

**Apr 5**  
**Dr Robert Paarlberg, PhD**, Associate, Sustainability Science Program, Harvard Kennedy School; Associate, WeatherheadCenter for International Affairs – "Resetting the Table: How Not to Fix Our Broken Food System" - NGHP

**Apr 12**  
**Dr Jun Li**, Research Scientist, Department of Nutrition – "Systems Epidemiology of Cardiometabolic Diseases: Integrated Multi-omics Approaches to Facilitate Personalized Prevention"

**Apr 19**  
**Dr Aviva Musicus, ScD**, Postdoctoral Research Fellow, Department of Social and Behavioral Sciences – "Can We Eat Well and Save the Planet?"

**Apr 26**  
**Dr Laila Al-Shaar**, Visiting Scientist, Department of Nutrition; **Dr Claire Pernar**, Research Associate, Department of Epidemiology – "Reproducibility and Validity of Alternative Methods for Assessing Physical Activity: Findings from the Men’s and Women’s Lifestyle Validation Studies"

**NUTRITION SOURCE UPDATES**

**Interactive Healthy Eating Plate**  
Our Healthy Eating Plate is now available in a more interactive format! Check it out here:  
https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/

**Spotlight on cancer**  
Learn about the different types of cancer, risk factors for developing cancer, and key lifestyle recommendations that may help reduce your risk:  
https://www.hsph.harvard.edu/nutritionsource/cancer/

**Food feature: Quinoa**  
Often referred to as a whole grain, quinoa is actually an edible seed and a complete protein. Learn more about this unique pseudo-grain:  
https://www.hsph.harvard.edu/nutritionsource/food-features/quinoa/

*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/)
7th Annual PREDIMED Omics Symposium: Advances, Applications, & Translation in Nutrition & Epidemiology

Save the Date:
Livestreaming June 9th, 2021
8:00am – 3:00pm EST

Program and Registration Coming Soon!