

Virtual Conference  
3 - 4 December 2020

Nutrition: Adapting to a new world



Nutrition Society  
of Australia (Inc)

## NSA 2020 Virtual Conference Program

Thursday 3 – Friday 4 December 2020

Please note all times are AEDT

### MONDAY 30 NOVEMBER

12:00pm – 1:30pm

**NSA Masterclass: Writing and commentating for the media**  
Prof Clare Collins – *Professor of Nutrition and Dietetics, NHMRC Senior Research Fellow, University of Newcastle*

### DAY 1 – THURSDAY 3 DECEMBER

12:00pm – 12:15pm

**Official Opening**

**Welcome to Country**

TBC

**Welcome – NSA President**

Prof Alison Coates

**Welcome – Conference Organising Committee Chair**

Dr Welma Stonehouse

12:15pm – 1:15pm

**NSA Awards of Excellence**

**Chair:** Prof Alison Coates

Dr Beverly Wood, Deakin University

*Towards improved nutritional health and food security. A journey of learning and practice informed and inspired by others*

Prof Margaret Allman-Farinelli, Charles Perkins Centre, University of Sydney  
*Nutrition through the lens of a complex adaptive system*

Prof Victoria Flood, University of Sydney and Western Sydney Local Health District  
*A research translation story in nutrition and eye disease – from observation, to trial, to practice*

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	<p>Prof Sarah McNaughton, Institute for Physical Activity and Nutrition, Deakin University <i>Strengthening the evidence-base for public health nutrition strategies through nutritional epidemiology</i></p> <p>Associate Prof Yasmin Probst, University of Wollongong</p>		
1:15pm – 1:30pm	<b>Break</b>		
1:30pm – 2:15pm	<b>Social event</b>		
2:15pm – 2:30pm	<b>Break</b>		
2:30pm – 3:30pm	<b>Concurrent Session 1 - Obesity</b> Chair: Dr Tony James	<b>Concurrent Session 2 - Chronic diseases</b> Chair: Dr Catherine Bondono	<b>Concurrent Session 3 - Food Behaviours</b> Chair: Dr Carly Moore
	<p><b>The effect intermittent energy restriction on weight loss and diabetes risk markers in women who have had gestational diabetes: a 12-month randomised control trial</b></p> <p><u>Kristy L Gray</u>, Jennifer B Keogh, Peter Clifton</p>	<p><b>Cereal polyphenol intakes and colorectal cancer risk in the Melbourne collaborative cohort study</b></p> <p><u>Kristina Vingrys</u>, Michael L. Mathai, Vasso Apostolopoulos, Julie K. Bassett, Maximilian De Courten, Lily Stojanovska, Lynne Millar, Graham G. Giles, Roger L. Milne, Andrew J. McAinch, Allison M. Hodge</p>	<p><b>Patterns of change in lifestyle behaviours following childbirth</b></p> <p><u>Maureen Makama</u>, Arul Ernest, Siew Lim, Briony Hill, Helen Skouteris, Helena Teede, Jacqueline Boyle, Allison Hodge, Lisa Moran</p>
	<p><b>Short chain fatty acid treatment alters extra-oral <i>mt2r108</i> expression <i>in vitro</i></b></p> <p><u>Alexandria Turner</u>, Martin Veysey, Simon Keely, Chris Scarlett, Mark Lucock, Emma Beckett</p>	<p><b>Flavonoid intake and incident Dementia in the Danish diet, cancer and health cohort</b></p> <p><u>Nicola P Bondonno</u>, Catherine P Bondonno, Frederik Dalgaard, Kevin Murray, Samantha L Gardener, Stephanie R Rainey-Smith, Ralph N Martins, Aedin Cassidy, Joshua R Lewis, Kevin D Croft, Cecilie Kyrø, Gunnar Gislason, Augustin Scalbert, Anne Tjønneland, Kim Overvad, Jonathan M Hodgson</p>	<p><b>Relationships between use of meal/recipe bases and concentrates, cooking skills confidence, and adequate vegetable intake</b></p> <p><u>Natasha Brasington</u>, Patrice Jones, Tamara Bucher, Emma L Beckett</p>
	<p><b>High-saturated or polyunsaturated-fat dietary patterns and risk of obesity and</b></p>	<p><b>Ex vivo short chain fatty acid treatment of PBMCs from subjects with asthma reduces</b></p>	<p><b>Relationships between health perception of fresh and frozen vegetables, habits of purchasing and consumption</b></p>

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	<p><b>type 2 diabetes: a longitudinal analysis of the UK Biobank</b></p> <p><u>Barbara Brayner</u>, Gunveen Kaur, Michelle A Keske, Katherine M Livingstone</p>	<p><b>LPS-induced inflammatory cytokine production</b></p> <p><u>Lily M Williams</u>, Cherry Thompson, Rebecca F McLoughlin, Netsanet A Negewo, Bronwyn S Berthon, Peter AB Wark, Nathan W Bartlett, Lisa G Wood</p>	<p><u>Jessica Piper</u>, Tamara Bucher, Emma L Beckett</p>
	<p><b>Energy-dense dietary patterns high in free sugars and saturated fat and risk of obesity in young adults: a cross-sectional application of reduced rank regression</b></p> <p><u>Katherine M. Livingstone</u>, Meaghan J. Sexton-Dhamu, Felicity J. Pendergast, Tony Worsley, Barbara Brayner, Sarah A. McNaughton</p>	<p><b>Transcriptomic analysis of selenium-related pathways and their association with non-alcoholic fatty liver disease</b></p> <p><u>Barbara Cardoso</u>, Kaitlin Day</p>	<p><b>Food technology neophobia and consumer acceptance of waxed apples</b></p> <p><u>Jaala Malcolm</u>, Emma Beckett, Tamara Bucher, Dr Soumi Paul Mukhopadhyay</p>
	<p><b>Diet quality of young adult discretionary beverage consumers in New South Wales</b></p> <p><u>Alana Duncan</u>, Anna Rangan, Lyndal Wellard, Alyse Davies, Virginia Chan, Margaret Allman-Farinelli</p>	<p><b>Navigating dietary advice for multiple sclerosis</b></p> <p><u>Rebecca D Russell</u>, Lucinda J Black, Andrea Begley</p>	<p><b>Sensory Evaluation of Commercial dairy yogurts compared to plant-based alternatives using Facial Expression Recognition Technique</b></p> <p><u>Mitali Gupta</u>, Damir Torrico, Jeremy Cottrell, Frank Dunshea</p>
	<p><b>Supporting lifestyle change in adults newly diagnosed with moderate-severe Obstructive Sleep Apnoea: A question of timing?</b></p> <p><u>Helen Truby</u>, Kaitlin Day, Bradley A Edwards, Denise O'Driscoll, Alan Young, Kerryn Roem, Ladan Ghazi, Claire Bristow, Maxine Bonham, Chiara Murgia, Terry P Haines, Garun Hamilton</p>	<p><b>The influence of dietary patterns on neurocognition in middle age: A systematic review of the literature</b></p> <p><u>Sarah Gauci</u>, Lauren M Young, Annie-Claude Lassemillante, Andrew Scholey, Andrew Pipingas</p>	<p><b>Knowledge, attitudes, and behaviours related to salt and culinary herb and spice use in evening meals by Australian adults</b></p> <p><u>Emily Yeo</u>, Carly J Moores, Kacie M Dickinson</p>

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Nutrition: Adapting to a new world



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of Australia (Inc)

3:30pm – 3:45pm	<b>Break</b>
3:45pm – 4:45pm	<p style="text-align: center;"><b>Plenary 1A:</b> <u>Panel discussion: Providing food in times of adversity: a focus on dairy</u></p> <p style="text-align: center;"><b>Chair:</b> Prof Alison Coates</p> <p style="text-align: center;"><b>Facilitator:</b> Sharon Natoli, Founding Director, Food &amp; Nutrition Australia</p> <p style="text-align: center;"><b>Panellists:</b> Sharon Parrish, Partner/Owner of Dairy Farming Operation, DW and SM Parrish Barry Irvin, AM Executive Chairman, Bega Cheese Limited Sofia Omstedt, Senior Industry Analyst, Dairy Australia</p>
4:45pm – 5:00pm	<b>Break</b>
5:00pm – 6:30pm	<p style="text-align: center;"><b>Plenary 1B:</b> <u>Sustaining the food supply in time of crisis</u></p> <p style="text-align: center;"><b>Chair:</b> Dr Damien Belobrajdic</p> <p style="text-align: center;">Dr Katherine Kent, University Tasmania <i>Nutrition &amp; food security during COVID-19 – turning lessons learned into action and preparedness</i></p> <p style="text-align: center;">Russell Shields, Community Grocer <i>Fresh food access for healthy connected communities in a new world</i></p> <p style="text-align: center;">Prof Corinna Hawkes, University of London <i>Stimulating food system innovation for nutrition in the wake of COVID-19</i></p>

## Day 2 – Friday 4 December

11:00am – 12:30pm	<p style="text-align: center;"><b>Plenary 2:</b> <u>Staying healthy in a changing world</u></p> <p style="text-align: center;"><b>Chair:</b> Prof Lisa Wood</p> <p style="text-align: center;">Prof Seshadri Vasan, CSIRO <i>The fight against COVID-19: from basic science to public health</i></p> <p style="text-align: center;">Associate Prof Anitra Carr, Otago University <i>Optimal nutrition to maximise immune function: relevance to COVID-19</i></p> <p style="text-align: center;">Clare Walter, University of Queensland <i>The health impacts of air pollution in Australia</i></p>
12:30pm – 12:45pm	<b>Break</b>

Virtual Conference  
3 - 4 December 2020

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Nutrition Society  
of Australia (Inc)

12:45pm – 1:45pm	<b>Concurrent Session 4 - Public Health</b> <b>Chair:</b> Dr Katherine Livingstone	<b>Concurrent Session 5 - Aging</b> <b>Chair:</b> Dr Jessica Biesiekierski	<b>Concurrent Session 6 - Food supply and sustainability</b> <b>Chair:</b> Dr Katherine Kent
	<b>Evaluation of a control nutrition education program for an online dietary intervention in individuals with depression</b>  <u>Meghan Hockey</u> , Claire L Young, Wolfgang Marx, Adrienne O'Neil, Felice N Jacka, Heidi M Staudacher	<b>Diet quality and a traditional dietary pattern predict lean mass in women: longitudinal data from the Geelong Osteoporosis Study</b>  <u>Jessica A Davis</u> , Fiona Collier, Mohammadreza Mohebbi, Amy Loughman, Nitin Shivappa, James R Hébert, Julie A Pasco, Felice N Jacka	<b>An audit of the Australian retail toddler food environment</b>  <u>Jennifer McCann</u> , Julie Woods, Karen Campbell, Catherine (Georgie) Russell
	<b>The effect of dietary supplementation on aggressive behaviour in Australian adult male prisoners: Feasibility and pilot study for a randomised, double blind placebo-controlled trial</b>  <u>Colin H Cortie</u> , Mitchell K Byrne, Carole Collier, Natalie Parletta, Donna Crawford, Pia C Winberg, David Webster, Karen Chapman, Gayle Thomas, Jean Dally, Marijka Batterham, Anne-Marie Martin, Luke Grant, Barbara Meyer	<b>Dietary patterns were not associated with cognitive function in older New Zealand adults: The REACH study</b>  <u>Karen D Mumme</u> , Cath Conlon, Pamela von Hurst, Beatrix Jones, Crystal Haskell-Ramsay, Welma Stonehouse, Anne-Louise Heath, Jane Coad, Jamie de Seymour, Cheryl Gammon, Kathryn Beck	<b>Differences in fatty acid profiles of beef carcasses from commercial Australian production systems</b>  Bridgette G Logan, David L Hopkins, Leigh Schmidtke, Stephen Morris, <u>Stephanie M Fowler</u>
	<b>Fruit and vegetable intake is inversely associated with perceived stress across the adult lifespan</b>  <u>Simone Radavelli-Bagatini</u> , Lauren Blekkenhorst, Marc Sim, Richard Prince, Nicola Bondonno, Catherine Bondonno, Richard Woodman, Reindolf Anokye, James Dimmock, Ben Jackson, Leesa Costello, Amanda Devine, Mandy J. Stanley, Joanne M. Dickson, Dianna J. Magliano, Jonathan E. Shaw, Robin M.	<b>Inflammation marker profiling of dietary patterns and association with all-cause mortality</b>  <u>Sherly X Li</u> , Allison M Hodge, Robert J MacInnis, Roger L Milne, Graham G Giles, Pierre-Antoine Dugue	<b>Supplementing sheep feed with a micro-encapsulated blend of essential oils (MBEO) can be an alternative, sustainable feeding strategy for Australian livestock enterprises</b>  <u>Joshua P.A. Sweeny</u> , Steven Wainewright, Reg Crabb

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	Daly, Jonathan Hodgson, Joshua Lewis		
	<p><b>The contribution of major food categories and companies to household purchases of added sugar in Australia</b></p> <p><u>Daisy H Coyle</u>, Maria Shahid, Elizabeth Dunford, Cliona Ni Mhurchu, Tailane Scapin, Kathy Trieu, Matti Marklund, Jimmy Louie, Bruce Neal, Jason HY Wu</p>	<p><b>Environmental UVR levels and vitamin D and folate-related genetic variants are associated with blood pressure in a large elderly Australian cohort</b></p> <p><u>Patrice Jones</u>, Mark Lucock, Charlotte Martin, Rohith Thota, Manohar Garg, Zoe Yates, Chris Scarlett, Martin Veysey, Emma Beckett</p>	<p><b>Packaged food supply in Fiji: nutrient levels, compliance with salt targets and adherence to labelling regulations</b></p> <p><u>Claire Johnson</u>, Maria Shaid, Gade Waqa, Arti Pillay, Ateca Kama, Isimeli N Tukana, Briar L McKenzie1, Jacqui Webster</p>
	<p><b>COVID-19 and Food-related Behaviours of Australian Household Food Gatekeepers</b></p> <p>Rimante Ronto, <u>Janandani Nanayakkara</u>, Neha Rathi, Anthony Worsley</p>	<p><b>The relationship between omega-3 index and measures of sarcopenia in older Australians</b></p> <p>Maddison Rarity, <u>Isobel Stoodley</u>, Evan Williams, Mia Gottstein, Penelope Baines, Hannah Knox, Lisa Wood</p>	<p><b>Diets within planetary boundaries: Study of water use and Australian dietary choices</b></p> <p><u>Brad Ridoutt</u>, Danielle Baird, Kim Anastasiou, Gilly Hendrie</p>
	<p><b>Ultra-processed food and chronic non-communicable diseases: A systematic review and meta-analysis of 43 observational studies</b></p> <p><u>Melissa M Lane</u>, Jessica A Davis, Sally Beattie, Clara Gómez-Donoso, Amy Loughman, Adrienne O'Neil, Felice Jacka, Michael Berk, Richard Page, Wolfgang Marx, Tetyana Rocks</p>	<p><b>Dairy supplementation reduces fractures and falls in institutionalised older adults: A cluster-randomised controlled trial</b></p> <p><u>Sandra Iuliano</u>, Shirley Poon, Judy Robbins, Minh Bui, Xiaofang Wang, Lisette de Groot, Marta van Loan, Tuan Nyugen, Ego Seeman</p>	<p><b>Barriers and enablers of harnessing food waste to address food insecurity in Australia: A Scoping Review</b></p> <p><u>Matthew Lai</u>, Anna Rangan, Amanda Grech</p>
1:45pm –2:00pm	<b>Break</b>		

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Nutrition: Adapting to a new world



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of Australia (Inc)

2:00pm – 3:00pm	<b>Concurrent Session 7 - Dietary intake and assessment</b> Chair: Gillian Duffy	<b>Concurrent Session 8 - Cardio-metabolic</b> Chair: Dr Helen Parker	<b>Concurrent Session 9 - Gut Microbiota and Health</b> Chair: Dr Emma Beckett
	<b>Using Wearable Cameras to Assess Foods and Beverages Omitted in 24-hour dietary recalls by Young Adults</b>  <u>Alyse Davies</u> , Virginia Chan, Margaret Allman-Farinelli	<b>Flavonoid intake associates with ischemic stroke incidence in the Danish Diet, Cancer, and Health Study</b>  <u>Benjamin H Parmenter</u> , Frederik Dalgaard , Kevin Murray , Aedin Cassidy, Catherine P Bondonno, Joshua R Lewis, Kevin D Croft , Cecilie Kyrø , Gunnar Gislason , Augustin Scalbert , Anne Tjønneland , Kim Overvad , Jonathan M Hodgson, Nicola P Bondonno	<b>The role of illness perceptions in treatment response of adults with IBS undergoing low FODMAP diet intervention: A prospective study</b>  <u>Lauren P Manning</u> , Jessica R Biesiekierski, Lukas van Oudenhove
	<b>Biomarkers of dietary patterns: A systematic review of randomised controlled trials</b>  <u>Shuang Liang</u> , Reeja Nasir, Fiona O'Leary, Clemence Toniutti, Kim Bell-Anderson, Michael Skilton	<b>Extra virgin olive oil high in polyphenols improves antioxidant status in healthy adults. The OLIVAUS study</b>  <u>Katerina Sarapis</u> , Elena S George, Wolfgang Marx, Hannah L Mayr, Jane Willcox, Katie L Powell, Oladayo S Folasire, Anna Lohning, Manohar Garg, Colleen J Thomas, Catherine Itsiopoulos, George Moschonis	<b>Tolerability of resistant starch and non-fermentable fibre, alone or in combination, in patients with irritable bowel syndrome: a pilot investigation</b>  <u>Daniel So</u> , CK Yao, Peter R Gibson, Jane G Muir
	<b>Distribution and frequency of dietary intakes in 18-month-old children across a day</b>  <u>Jie Min Chui</u> , Alison Spence, Kathleen Lacy, Miaobing Zheng, Rebecca Leech, Sarah McNaughton, Karen Campbell	<b>Cruciferous vegetable intake is inversely associated with extensive abdominal aortic calcification in elderly women: a cross-sectional study</b>  <u>Lauren C Blekkenhorst</u> , Marc Sim, Simone Radavelli-Bagatini, Nicola P Bondonno, Catherine P Bondonno, Amanda Devine, John T Schousboe, Wai Lim, Douglas P Kiel, Richard J Woodman, Jonathan M	<b>A randomized cross-over study of FODMAP intake on pain signalling in irritable bowel syndrome</b>  <u>Caroline Tuck</u> , Amal Abu Omar, Sebastien Rolland, Giada De Palma, Samira Osman, Sean Bennet, Nestor Jiménez Vargas, Cintya Lopez Lopez, Josue Jaramillo Polanco, Yang Yu, Premysl Bercik, Stephen Vanner, Alan Lomax, David Reed



		Hodgson, Richard L Prince, Joshua R Lewis	
	<p><b>Estimating energy intake and misreporting from a qualitative food frequency questionnaire: An instructive example using an Australian cohort and survey data</b></p> <p><u>James P. Goode</u>, Monique Breslin, Michelle Kilpatrick, Kylie J. Smith, Wendy H. Oddy, Terence Dwyer, Alison J. Venn, Costan G. Magnussen</p>	<p><b>Nitrate intake and its association with blood pressure and cardiovascular disease hospitalisations in the Danish Diet, Cancer, and Health Study</b></p> <p><u>Catherine P Bondonno</u>, Frederik Dalgaard, Lauren C Blekkenhorst, Kevin Murray, Joshua R Lewis, Kevin D Croft, Cecilie Kyrø, Christian Torp-Pedersen, Gunnar Gislason, Anne Tjønneland, Kim Overvad, Nicola P Bondonno, Jonathan M Hodgson</p>	<p><b>Digestive health effects of high amylose wheat: A randomised controlled trial in healthy adults</b></p> <p><u>Damien P Belobrajdic</u>, Shakuntla Gondalia, Brooke Wymond, Bianca Benassi-Evans, Tony R Bird</p>
	<p><b>Development of an Australia-specific vitamin K food composition database</b></p> <p><u>Claire Palmer</u>, Henrietta Koch, Kevin Croft, Sujata Shinde, Joshua Lewis, Jonathan Hodgson, Lauren Blekkenhorst, Marc Sim</p>	<p><b>Increased nitrate intake from beetroot juice does not alter soluble cellular adhesion molecules and circulating inflammatory cytokines in treated hypertensive individuals: a randomised, controlled trial</b></p> <p><u>Kyle Raubenheimer</u>, Alex H. Hiu, Henrietta Koch, Nicola Bondonno, Vance Matthews, Marc Sim, Lauren Blekkenhorst, Richard Woodman, Erika Bosio, Kevin Croft, Oliver Neubauer, Jonathan M Hodgson, Catherine P Bondonno</p>	<p><b>Effects of high amylose wheat on the gut microbiome and fermentation metabolites: A randomised controlled trial in healthy adults</b></p> <p><u>Shakuntla Gondalia</u>, Brooke Wymond, Bianca Benassi-Evans, Tony Bird, Damien Belobrajdic</p>
	<p><b>Eating occasions and ultra-processed food consumption among age groups in Australia</b></p> <p><u>Priscila Machado</u>, Vanessa Oliveira, Rebecca Leech, Euridice Steele</p>	<p><b>Dietary supplementation with curcumin reduces pro-inflammatory mediators: A systematic review and meta-analysis of randomized controlled trials</b></p> <p><u>Jessica J. A. Ferguson</u>, Kylie A. Abbott, Manohar L. Garg</p>	<p><b>Mice fed a high protein diet for 24 weeks had an altered microbiome, increased plasma endotoxin, systemic inflammation and kidney injury</b></p> <p><u>Matthew Snelson</u>, Rachel E Clarke, Tuong-Vi Nguyen, Sally A Penfold, Josephine M Forbes, Sih Min Tan, Melinda T Coughlan</p>



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3:00pm – 3:15pm	Break
3:15pm – 4:15pm	NSA AGM
4:15pm – 4:45pm	<b>Conference Awards &amp; Closing</b> Chair: Prof Alison Coates

## TUESDAY 8 DECEMBER

12:00pm – 1:30pm	<b>“Meet the Experts” Coffee Break</b> Limited to 40 NSA student members attending the Virtual ASM
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\*Program current at time of publication & subject to change