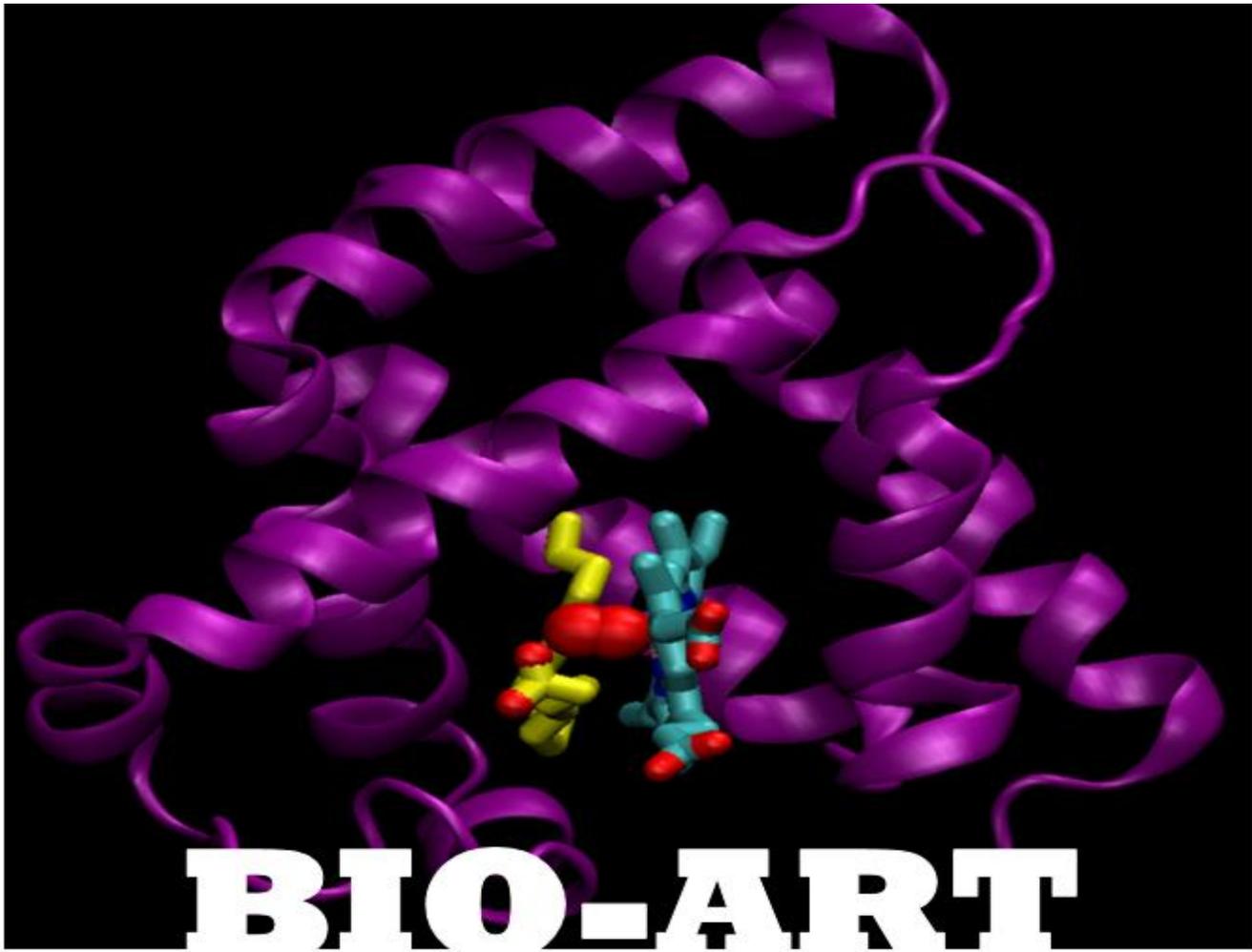


Our Children, Our Nutrition

A publication of Arkansas Children's Nutrition Center • Spring 2016



ACNC Molecular Physiology Lab

The Bio-Art pictured above is Myoglobin, which is an iron-containing protein that gives muscle its red color. It is primarily involved in the cellular transport and storage of oxygen. New molecular models predict another exciting role: it also clings to fatty acids (shown in yellow) and some fat metabolites. Since this takes place only when the protein is oxygenated, it suggests that an important role for myoglobin is fat trafficking to provide both fuel and the spark needed for muscle energy during exercise in children and adults. This research is led by Drs. Sree Chintapalli and Sean Adams, who also collaborate with University of Arkansas, Fayetteville chemist Dr. Suresh Thallapuram.

NEW Study: MRI on 6 month, 1 year & 2 year old children

The purpose of this study is to perform brain scans using a magnetic resonance imaging (MRI) machine on children aged 6 months, 1 year and 2 years. The machine is the same that is used by doctors to see the brain of children who are patients at the hospital. We are trying to see if MRI scans can be done with babies and toddlers without using sedation. There is one study visit and compensation is provided for participation. If you are interested or would like to find out if your child is eligible, you can give us a call at (501)364-3309 or 866-423-1311.

Dietary Guidelines For Americans 2015-2020 Update

1. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease. Avoiding too many or too little calories can keep you at your healthiest. Wondering how to find your appropriate calorie level? Check out ChooseMyPlate.gov for some great information!

2. Focus on variety, amount/serving size, and nutrients! Make your plate a rainbow of colors! How many of these colors have you tried?

Red – Tomatoes, Cranberries, Pomegranate, Radishes

Orange – Cantaloupe, Papayas, Pumpkin, Carrots

Yellow – Corn, Squash, Bananas, Lemon, Pineapples

Green – Avocado, Arugula, Watercress, Zucchini

Blue – Blueberries, Elderberries

Purple – Eggplant, Cabbage, Figs, Grapes, Plums

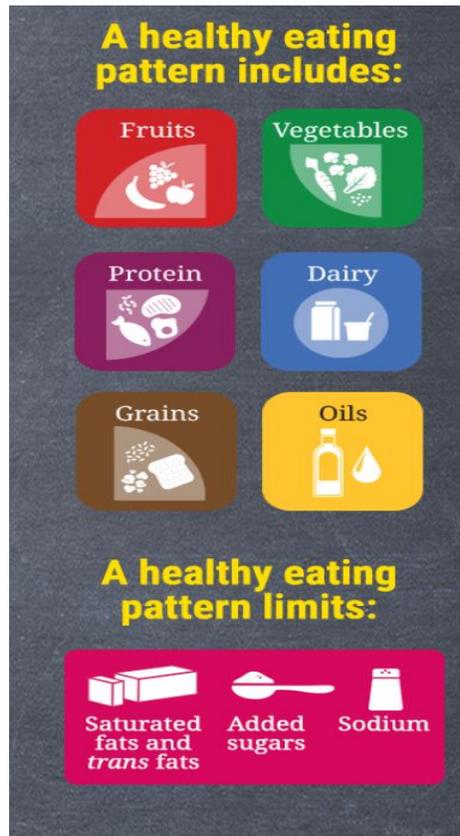
3. Limit calories from added sugars and saturated fats and reduce sodium intake.

***Shift your diet to reduce added sugars consumption to less than 10 percent of calories per day.** Reduce consumption of soft drinks and juices, and replace them with beverages with no added sugar, such as water.

***Shift from solid fats to oils-** When preparing foods, use liquid fats such as Olive oil, over solid fats such as Butter or Lard.

***Shift food choices to reduce sodium intake-**Remember to select low-sodium, reduced sodium, and no-salt-added foods, and reduce the amount of salt you add to your prepared foods.

4. Shift to healthier food and beverage choices. Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices.



***Shift to consume more vegetables and fruits-** Develop clever ways to incorporate your favorite vegetables into your diet- try adding broccoli to your favorite chicken dish or substitute baby carrots instead of chips with your hummus dip. If you have a sweet tooth, try having a piece of your favorite fruit as an afternoon snack, or add some berries to your cereal or yogurt.

5. Support healthy eating patterns for all. Everyone has a role in helping to create and support healthy eating patterns. From home to school to work, Friends, family, and even coworkers can help you stay on track! Remember, healthy eating starts at home and what your child sees you eat, they will eat. Eating healthy as a family can greatly

benefit everyone. Don't be afraid to try new foods or recipes to help shift your eating pattern in the right direction.

2015–2020 Dietary Guidelines for Americans. (n.d.). Retrieved February 24, 2016, from

<http://health.gov/dietaryguidelines/2015/default.asp>

Senator Boozman Visits ACNC



U.S. Senator John Boozman met with researchers, healthcare officials and research volunteers during a visit to the Arkansas Children's Nutrition Center in Little Rock on Friday. "We are extremely fortunate to have this world-class research institution in Arkansas," Boozman said. "Its

work is critical to understanding the impact of nutrition on the physical and neurodevelopment of children. I appreciated this opportunity to see the research firsthand and share my support for its mission."



Come join the ACNC staff with a special appearance by the infamous “Mad Scientist” at Springfest, a debut event, brought to you by Riverfest, Inc.! Springfest is a free, family event that will take place in downtown Little Rock on April 2nd!

It's a Girl!

Welcome baby Camille Berjot!
born on January 26th
weighing 7 lbs. 7 oz. 21 in. long.



Congrats Dr. Aline Andres on the birth of your beautiful baby girl!

ACNC Employee Spotlight on Matt Keene



Matt completed his Bachelor's degree from the University of Arkansas in 2007. Upon completion he moved to Taiwan where he taught English and met his wife Vivian. They now have two beautiful little girls Mo and Mya, and live in Little Rock. Matt's journey with ACNC began in October

of 2013 as a Research Assistant. Matt caught on quickly, and helped boost morale with his positive and upbeat personality. Matt has also been trained for placenta collection, and runs overnight visits for the Brain Food study. Matt also processes blood and urine samples, manages the storage of the collected samples and ensures supplies for sample collection are available for study visits. Matt is also currently training in phlebotomy and assists with artwork for marketing materials. Matt is truly a team player and willing to help in any way! Thank you Matt and keep up the great work!

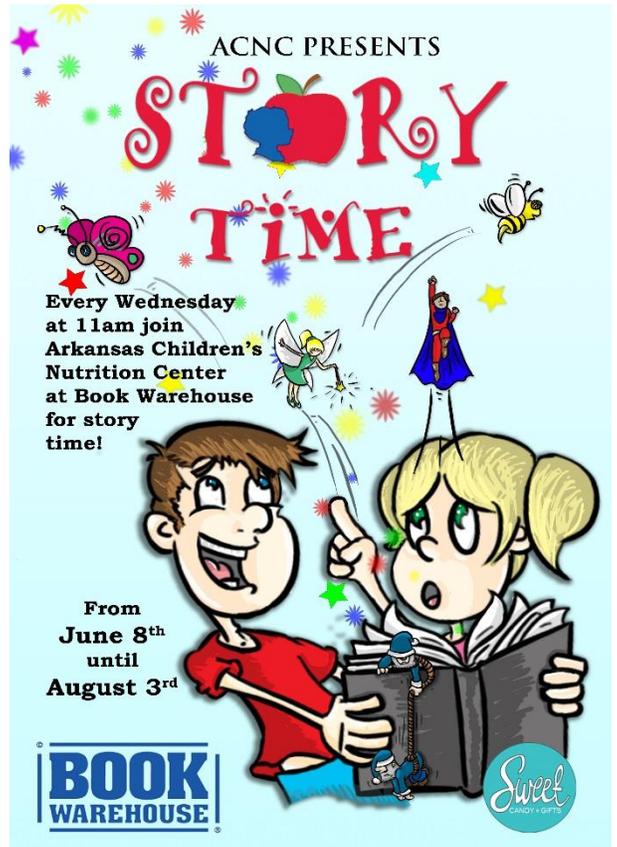
Childhood Nutrition Research Conference

With an ongoing commitment to promote healthy people and healthy communities, the National Dairy Council & ACNC hosted a Childhood Nutrition Research Conference on January 27-28. Leading experts from the childhood nutrition research field gathered in Little Rock to discuss the current state of knowledge related to the impact of diet and environment on children's development and health. This formed the basis for identifying what research still needs to be conducted to expand fundamental knowledge and apply it most effectively to improve public health.



ACNC to Host Summer Story Time

We are excited to be hosting a story time at Book Warehouse located in the Little Rock Outlet Mall.





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Our Children, Our Nutrition

Is published quarterly by
Arkansas Children's Nutrition Center

www.arkansaschildrensnutritioncenter.com

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Arkansas Children's Nutrition Center (ACNC) is part of the National Human Nutrition Research Program funded by the U.S. Department of Agriculture's Agricultural Research Service (USDA-ARS). It is housed on the campus of one of the ten largest children's hospitals in the United States. ACNC is partnership between Arkansas Children's Hospital (ACH) and the USDA-ARS. In collaboration with the ACH Research Institute and the University of Arkansas for Medical Sciences (UAMS).



Currently Enrolling Studies:

Brain Food

Arkansas Children's Nutrition Center is studying how nutrition and body composition affects learning and retention.

Qualifications

Brain Food is a study for right handed 9-10 year olds.

Compensation

To thank you for your participation, monetary compensation will be provided. Contact us to determine eligibility.

Expecting Study

This study is designed to determine how the health and physical activity of a mother during pregnancy could affect the growth and development of her child.

Qualifications

Moms must be healthy, less than 12-weeks pregnant, over the age of 18, have a BMI \geq 30, sedentary, and meet other specific entry criteria.

Compensation

To thank you for your participation, diapers and monetary compensation will be provided.



To learn more:

501-364-3309

email: acncstudies@uams.edu

www.arkansaschildrensnutritioncenter.com

Changing Science, Changing Lives