



North America Chinese Association for Nutrition

北美华人营养学会 *Nutrition for a Healthy Life*

Announcement

Frontier Nutrition for Health Webinar Series

November 23, 2022

To all NACAN members and friends



Dear colleagues and friends:

We are pleased to continue Frontier Nutrition for Health Webinar series that North America Chinese Association for Nutrition (NACAN) presents in 2022. This year, our webinar series will focus on exercise nutrition. Dr. Tianou Zhang from the Department of Kinesiology at the University of Texas at San Antonio (UTSA) will present his exciting research findings on Dietary Bioactive Compounds in Exercise and Chronic Diseases. Below, you will find detailed information about this webinar, the web link, the speaker introduction, and the abstract.

Activity: Webinar North America Chinese Association for Nutrition (NACAN) in 2022

Title: Dietary Bioactive Compounds in Exercise and Chronic Diseases: Implications for Oxidative Stress and Inflammation

Speaker: Tianou Zhang, PhD

Time: 8:30 PM to 10:00 PM (Eastern Standard Time)

Date: Friday, December 09, 2022

Webinar link:

[Join Zoom Meeting](#)

Meeting ID: 812 0876 2524

Passcode: 285709

<https://us06web.zoom.us/j/81208762524?pwd=SmY2L2F0U3M3R3ROWHICdDNQWV2dz09>

Speaker information: Dr. Tianou Zhang is an Assistant Professor in the Department of Kinesiology within the College for Health, Community, and Policy (HCaP) at the University of Texas at San Antonio (UTSA). Dr. Zhang's research interest is sports and exercise nutrition and currently, he is the director of the Laboratory of Exercise and Sports Nutrition at UTSA. His primary research focus is to explore the antioxidant and anti-inflammatory effects of phytochemicals (plant-based bioactive compounds) supplementation in exercise-induced muscle inflammation and inflammatory conditions under chronic diseases, such as atherosclerosis and obesity. He is also dedicated to investigating the role of nutrition and physical activity in aged and underrepresented populations to improve muscle health and physical functions for healthy aging.

Abstract: Rigorous physical exercise and obesity are known to generate oxygen-derived chemicals and inflict inflammatory responses, leading to muscle pain and cardiovascular diseases respectively. Selective compounds from oats and olive oil have been shown to remove these chemicals and inhibit inflammation. Exercise and nutrition scientists are increasingly looking into plant chemical compounds for dietary supplements that demonstrate antioxidant and anti-inflammatory properties. Oats and olive oil are natural resources attractive to nutrition scientists because they fight against oxidative stress and inflammation, and they are widely available and natural. In this research talk, we will review the dietary supplementation of oat Avenanthramides (AVA) and olive oil Oleocanthal (OCT) as antioxidant and anti-inflammatory agents in exercise-induced muscle damage (Delayed Onset Muscle Soreness, DOMS) and high-fat diet-induced metabolic disorders. Health benefits of these compounds may help the development of value-added products and encourage natural healthy food consumption in people engaged in heavy exercise and susceptible to obesity.

Learning objectives

Upon the completion of the webinar, attendees should be able to

1. Understand the health benefits of plant-based bioactive compounds, such as oat Avenanthramides (AVA) and olive oil Oleocanthal (OCT).
2. Better interpret the implications of oxidative stress and inflammation on skeletal muscles in strenuous exercise and high-fat diet.
3. Master the concept of eccentric exercise-induced muscle damage and inflammation (DOMS).

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This webinar provides 1 CEU for Registered dietitians. To earn continuous education credit, please register by sending an email to nacan_CPE@outlook.com. If you have any questions, please send an email to nacanmembership@gmail.com. We look forward to meeting you at the webinar!

Sincerely yours

Linglin Xie, M.D., Ph.D.
Chair of NACAN Scientific Program

Yang Li, Ph.D., RD
Director of CPE

Chaodong Wu, Ph.D.
President of NACAN 2022-2023