

# NRI welcomes nutrition specialists for 4th annual short course

KANNAPOLIS, NORTH CAROLINA, USA, May 10, 2019 /EINPresswire.com/ -- The UNC [Nutrition Research Institute](#), in collaboration with the UNC Nutrition and Obesity Research Center (NORC), will hold its [annual workshop](#) on Nutrigenetics, Nutrigenomics, and Precision Nutrition, June 3-6 on the North Carolina Research Campus in Kannapolis.

The UNC Nutrition Research Institute (NRI), a unit of the University of North Carolina at Chapel Hill, is dedicated to answering questions of how genes and diet interact (the science fields of nutrigenetics and nutrigenomics, "NGx"), and how we can use these answers to develop a precision nutrition approach that maximizes each individual's health. NGx research spans scientific concepts ranging from cell biology to dietetics. The NRI created this annual 4-day workshop to aid in the translation of research results from laboratories to populations and to enable interdisciplinary communication by bringing together graduate students, health professionals, and nutrition scientists from academia and industry.

Lecture topics include introductions to genetics and nutritional epidemiology; applications of NGx to cancer, cardiovascular disease, and cognitive development; nutritional epigenetics; nutritional metabolomics and microbiome; clinical research; and (nutri)pharmacogenomics. "This workshop is an excellent platform for students, researchers and health professionals to get exposed to an evolving and interesting science," says NRI principal investigator and workshop director Saroja Voruganti, PhD.

The keynote address, by world-renowned scientist Claude Bouchard, PhD, the John W. Barton, Sr. Endowed Chair in Genetics and Nutrition and director of the Human Genomics Laboratory at Louisiana State University's Pennington Biomedical Research Center, will be an opportunity for students and junior researchers to hear from a leading investigator in the field. Among the presenters are professors of Nutrition, Psychology, Epigenetics, and Genetics at UNC-Chapel Hill and principal investigators at the UNC Nutrition Research Institute.

An additional feature of this workshop is the inclusion of two interactive hands-on sessions where attendees will learn how to analyze and interpret genetic data. The general per-person cost to attend is \$850; graduate students \$400; postdoctoral fellows \$500. Included in the registration fee are accommodations, all meals, and an afternoon excursion to nearby Lake Norman. Registered Dietitians (RD) and Dietetic Technicians, Registered (DTR) will earn 16 CPEU credits with this course. Because of the importance of training future scientists, the NRI offered fee scholarships to eligible graduate students and postdocs.

Participants will be housed at UNC Charlotte and will be shuttled daily to the nearby North Carolina Research Campus in Kannapolis, site of the Nutrition Research Institute. Sessions will take place in the NRI's new training center and in meeting facilities at Kannapolis City Hall, also located on the campus.

"We all are metabolically different, and this means we differ in our requirements for nutrients," says Steven H. Zeisel, MD, PhD, Nutrition Research Institute director. "One of the important reasons for these differences comes from variations in the spelling of our genes which we inherited from our ancestors; we each have more than 50,000. This workshop teaches health professionals and scientists how to look for these genetic variations and how to determine which

are important.”

Register at [uncnri.org/ngx](http://uncnri.org/ngx)

#### About the UNC Nutrition Research Institute

The UNC Nutrition Research Institute’s mission is to advance the field of precision nutrition by investigating how genetics, gut microbiota, and environment affect an individual’s requirements for and responses to nutrients. Every person is metabolically unique. The NRI is dedicated to finding out how these differences affect an individual’s health so that current one-size-fits-all dietary guidelines can be replaced with customized nutritional recommendations and actions to improve a person’s health and quality of life.

For more information on the Nutrition Research Institute, future courses or to schedule an interview, contact Suzanne Dane, Director of Community Outreach and Development, UNC Nutrition Research Institute at 704-250-5008.

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