



September 2016

- > [B.E.R.R.Y Exciting News](#)
- > [Solutions for Soybean Pests](#)
- > [Zinc and Liver Disease](#)
- > [May on Radio Health Journal](#)
- > [Refuel with Bananas](#)
- > [Join Us on Campus](#)

B.E.R.R.Y Exciting News

Anthocyanins, like those in blueberries, have been shown in animal studies to influence the areas of the brain related to memory and processing. To test the impact of blueberries on brain function in humans experiencing mild cognitive decline, [Carol Cheatham, PhD](#), with the [UNC Nutrition Research Institute](#), conducted the B.E.R.R.Y Study, a six-month, clinical trial. Preliminary results suggest that the blueberry intervention had a positive effect.



[Learn more about this study >>>](#)

Solutions for a Soybean Pest

Neha Mittal, PhD, UNC Charlotte graduate student and [Plant Pathways Elucidation Project](#) mentor, is researching a specific pathway in soybeans that is involved in the production of a chemical defense that could be useful against the soybean cyst nematode (SCN), a parasite that threatens the growth and yield of the crop.

[Read more >>>](#)

Zinc and Liver Disease

Scientists with the UNC Greensboro Center for Translational Biomedical Research made unprecedented connections between alcohol-induced zinc deficiency in the liver and a defect in mitochondria, known as the powerhouse of the cell. The finding could lead toward preventing a number of liver disorders, including cancer.

[Read more >>>](#)

Refuel with Bananas

Dole Nutrition Institute and David Nieman, DrPH, director of the ASU Human Performance Laboratory, explain why the sucrose in bananas improves recovery after intense exercise.



[Read more >>>](#)

May on Radio Health Journal

Philip May, PhD, with the UNC Nutrition Research Institute, spoke on Radio Health Journal about the prevalence of fetal alcohol spectrum disorder (FASD), one of the most preventable causes of developmental disabilities in the US.

[Read more >>>](#)

Join Us on Campus

Rowan-Cabarrus Walk to End Alzheimer's

Join the 2016 Rowan-Cabarrus Walk to End Alzheimer's on September 17 at the NC Research Campus. Check-in starts at 9 am. The two-mile walk kicks off at 10 am. [Learn more about registering, volunteering and donating >>>](#)

Duke Dash and Healthfest

The third annual MURDOCK Study Community Appreciation Event is September 24. This year enjoy the Duke Dash 5K at 9 am and the Healthfest from 10 am to noon. The morning is a fun time for families to enjoy free, healthy activities like line dancing, Zumba and yoga. The event is on the NC Research Campus in front of the David H. Murdock Core Laboratory Building, 150 Research Campus Drive, Kannapolis. [Learn more >>>](#)



Appetite for Life Seminars

At the UNC Nutrition Research Institute's Appetite for Life seminars, learn about research that is advancing the field of targeted nutrition. [Register for these free events:](#)

October 18, 6 pm, [Stephen Hursting, Phd, MPH](#), at Restaurant Forty Six, Kannapolis
November 15, 6 pm, at Johnson & Wales University, Charlotte

The NC Research Campus in Kannapolis, NC is home to 20 industry, academic, health care and technology partners all focused on transforming science at the intersection of human health, nutrition and agriculture. Learn more:

