



## ***This week's issue of AMSA eNews features***

- AMSA RMC Award and Research Competition Intents Due Today!
- Dietary Guidelines Committee - Move to Limit Lean Meats
- AMSA Members Call to Action by Dr. Russell Cross
- AMSA PORK 101 Course Makes an Impact at IPPE
- AMSA Welcome Our New Members
- Check out the AMSA Meat Science Career Center to see the current openings!

Be sure to follow AMSA on **Twitter**, like us on **Facebook** and check the **Website** daily to stay up to date on important AMSA information!

### **RMC Award and Poster Competition Intents Due TODAY!**



#### **Award Nominations**

Please submit your RMC Award intents by, today January 30, 2015. All nomination materials must be uploaded to the AMSA Awards website no later than February 20, 2015. Complete information is located [online](#).

#### **AMSA Announces Undergraduate Research Competition at the AMSA 68th RMC**

An [online intent form](#) is required for the undergraduate competition so make sure you submit your intent form no later than January 30, 2015.

#### **Graduate Student Research Poster Competition**

An [online intent form](#) is required for the graduate competition so make sure you submit your intent form no later than, Today January 30, 2015.

### **Dietary Guidelines Committee - Move to Limit Lean Meats**

At the final meeting of the Dietary Guidelines Advisory Committee in December, the committee took lean meat off the list of recommended foods to consume in higher amounts and listed red and processed meat as a food that should be consumed in lower amounts. This is the language from the final meeting:

Common characteristics of dietary patterns associated

#### **AMSA Membership Information:**

*To update your AMSA membership information please [click here](#):*

#### **AMSA's Sustaining Partners**

##### ***Diamond Sustaining Partner:***

Cargill  
Elanco Animal Health

##### ***Platinum Sustaining Partner:***

Smithfield Foods  
Zoetis

##### ***Gold Sustaining Partners:***

Hormel Foods, Inc.  
Merck Animal Health  
National Pork Board  
Tyson Foods, Inc.

##### ***Silver Sustaining Partners:***

ADM  
ConAgra Foods  
Corbion Purac  
DuPont Nutrition & Health  
Hawkins Food Ingredients Group  
Hillshire Brands Company  
Iowa State University  
Kraft Foods Inc./Oscar Mayer  
JBS, USA  
Johnsonville Sausage Company  
Kemin Food Technologies  
Sealed Air's Cryovac® brand  
Texas Tech University  
International Center for Food Industry Excellence

##### ***Bronze Sustaining Partners:***

Certified Angus Beef  
ICL Food Specialties  
IEH Laboratories & Consulting Group

with positive health outcomes include:

- higher intake of vegetables, fruits, whole grains, low-fat dairy, fish/seafood, legumes, ~~lean meat~~, and nuts.
- moderate intake of alcohol;
- lower consumption of red and processed meat, and
- low intake of sugar-sweetened foods and beverages, and refined grains.

The committee's final report has not been released yet and is expected to be released in the coming weeks. Following the Secretaries, review the recommendations will then be published in the Federal Register, with a comment period. AMSA will launch a resource page on the AMSA website next week where you can access information regarding the importance of meat in a healthy diet and we will continue to add resources and information as available. Below is a call to action letter for all AMSA members from Dr. Russell Cross.

### **AMSA Members Call to Action** **Letter by: H. Russell Cross, Professor and Head, Texas A&M University**

Dear Colleagues:

The Dietary Guidelines Advisory Committee (DGAC) will soon issue its specific report to USDA and Health and Human Services (HHS). At its final meeting (December 15, 2014), the Committee agreed to historic recommendations related to lean meat. The Committee agreed to recommendations that state lean meat is not associated with a healthy dietary pattern. They agreed to this recommendation being included in their scientific report – which reverses more than 30 years of science-based nutrition advice that has encouraged Americans to go lean with protein, including lean meat.

I want to call this to your attention because, as you know, the DGAC report will be used by USDA and HHS as they develop the 2015 Dietary Guidelines for Americans policy report and consumer messages. This recommendation that lean meat is not associated with healthy dietary patterns is concerning on many levels:

- The Committee may not be aware of how the meat supply has changed in recent decades to provide leaner options for people. Animal ag/meat scientists – along with others in the meat supply chain – have helped the meat community respond to the Dietary Guidelines and consumer demands for leaner, trimmed products in the marketplace. Feeding, breeding and trimming practices, developed in part with meat scientists, have helped ensure that it's easier than ever before for people to find lean beef at the grocery store and in restaurants. In fact, a sirloin steak has 34 percent less saturated fat than it did in the 1960s. It is critical that these efforts be recognized and that

Kerry Ingredients  
Land O'Frost Inc.  
Maple Leaf Foods  
Oklahoma State University  
Perdue Foods  
Seaboard Foods  
USDA, AMS, Livestock, Poultry  
and Seed Program  
U.S. Meat Export Federation



To make a donation to the AMSA Educational Foundation please click below!

**AMSA Educational Foundation  
General Fund - used in the area  
of greatest need**

**AMSA Meat Judging Fund**

**Mentor Recognition Funds**

- *Melvin "Hunter" Hunt (supports student travel to international meetings)*
- *Robert G. Kauffman (support meat science student development)*
- *William Moody (supports meat science students)*
- *Robert Rust (supports meat science students)*
- *H. Russell Cross (supports meat judging and student activities)*
- *Robert Cassens (support PhD students)*
- *C. Boyd Ramsey (supports undergraduate students)*
- *Jimmy Wise (support meat judging activities)*
- *F. C. Parrish (support will endow AMSA student activities)*
- *Dell Allen (supports meat judging)*
- *John Forrest (supports AMSA programs)*
- *Dale Huffman (supports AMSA programs)*
- *Robert Bray (supports R.C. Pollock Award)*
- *Vern Cahill (supports R.C. Pollock Award)*
- *C. Ann Hollingsworth (supports student scholarships)*

dietary recommendations help people identify these leaner meat products.

- Long-standing evidence, including gold standard randomized controlled trials (RCT), has demonstrated that lean meat can be included in patterns associated with health. For example, the Beef in an Optimal Lean Diet RCT showed that eating moderate amounts of lean beef daily (up to 5.5 ounces) as part of a healthy DASH-like dietary pattern, helped lower LDL cholesterol levels and support healthy blood pressure.
- Americans are eating red meat in moderation, at levels that are consistent with the 2010 Dietary Guidelines for Americans. Unlike other foods, lean meat is not being over consumed, on average. Given today's obesity epidemic, it is more important that recommendations be positive in tone and help people consume foods they already enjoy in moderation – by looking for lean meat more often, for example. Recommendations to limit foods may make sense for foods that are greatly over consumed, such as refined grains.

I am asking my colleagues in animal, food science, and nutrition science to consider the ramifications of these recommendations and their potential impact on the 2015 Dietary Guidelines policy report. Specifically:

- If you have concerns, are there channels by which you can voice challenges with these recommendations to help advocate for guidance that is science-based and supportive of lean meat, given the evidence supporting its role in healthy dietary patterns?
- Do you have resources to help educate other researchers and nutrition science-thought leaders and dispel misperceptions about the leanness of today's meat and current consumption levels?
- As you consider these recommendations and their possible unintended consequences, do you have ideas for other communication activities and experts with which to engage to voice support of a balanced approach to dietary guidance that incorporates moderate amounts of all foods, including lean meat, for health? If so, please pass them along.

***It's time for good science to speak up.***

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## **AMSA PORK 101 Course Makes an Impact at IPPE**

Forty-two individuals from the United States and other six countries attended the AMSA PORK 101 that was presented at the International Production and Processing Expo (IPPE) in Atlanta, GA earlier this week. This four hour hands-on workshop, supported by the North American Meat Institute (NAMI), was led by AMSA members Drs. Davey

**NAMI**  
NORTH AMERICAN  
MEAT INSTITUTE

*Donald Kinsman (supports student international program)*

- *Roger Mandigo (supports RMC)*
- *Robert Merkel (supports RMC)*
- *Gary Smith (supports meat judging program)*
- *R. C. Pollock (supports R.C. Pollock Award)*

Griffin from Texas A&M University, and Dean Pringle from the University of Georgia. This workshop gave attendees a brief overview and insight into what is covered in the three day course.

Dr. Griffin started off this session with an in depth discussion on pork quality and what is going on in the industry. He then went on to explain what is taught during the full PORK 101 course. He presented slides and pictures discussing how attendees at the full course have the opportunity to experience firsthand in the selection, evaluation and fabrication of their pork carcasses. During his presentation he also spoke about the importance of hog handling, grading, food safety, processing of their products and much more.

Dr. Griffin engaged attendees in the discussion by helping them to understand all the topics that are explored during the PORK 101 full program, the impact this has on the industry and the benefits gained by all participants.



After the break attendees came back to a nice surprise or as Dr. Griffin put it, "this is a university taught course so we have a pop quiz for you." Participants evaluated 15 retail cuts that were prepared and packaged by Griffin, Pringle and two AMSA student members from the



University of Georgia, Haley Gilleland and Caitlyn Frost. Attendees were asked to identify the primal as well as the retail name for each cut, completely on their own, and after 15 minutes attendees were asked to join Griffin and Pringle in the front of the room for part two of the course, fabrication. Griffin and Pringle spent the next hour walking through and demonstrating how to breakdown the pork

carcass and identifying the different primals. Attendees, standing just feet from the carcass, were engaged and excited to see and understand how each cut was made asking questions throughout the whole process. Attendees really felt that this is a great learning tool and wished they would have been able to participate more and fab their very own carcass. After the cutting demonstrations, the grills were fired up by Haley and Caitlyn as attendees prepared for part three, the taste panel.

With the support of our AMSA members and the University of Georgia we were able to conduct a sensory panel using normal, enhanced, PSE and highly marbled pork chops. Haley and Caitlyn randomly assigned the cooking order and cooked the first round of chops to an internal temperature of 175°F. AMAS member Betsy Booren, with NAMI, lead this part of the session and asked attendees to

evaluate each sample and determine the overall tenderness, juiciness and flavor. After all samples had been evaluated, attendees were asked to share their thoughts on



the samples and vote on their preference. Attendees ranked the enhanced and highly marbled pork chop as their favorite with a few more votes going to the enhanced chop. To help attendees understand the importance of internal cooking temperature, two more pork chops were cooked to an internal temperature of 145°F and held for 3 minutes prior to slicing. Booren asked attendees if they could tell a difference in the two samples from the previous samples they were served. Overall they stated how they enjoyed this eating experience more, noting that these samples were more juicy and flavorful than the previous samples.

#### **General comments from some of the attendees included:**

- *Great course I really appreciate the hands on demonstration!*
- *Great course I look forward to attending the full course in the near future!*
- *I really appreciate the time that the instructors took to walk us through the carcass and explain the different cuts!*



***Thanks to our AMSA members who assisted with this PORK 101 course!***

### **New Video Challenges Myths About the Use of Modern Technologies to Raise Animals**

The use of modern technologies to raise animals has come under scrutiny in recent years as some call for a return to "simpler" practices. A new Meat MythCrusher video examines the role of technology in raising animals and challenges the claim that a return to lower tech livestock production and processing would improve our food supply.

The video features Jayson Lusk, Ph.D., professor at Oklahoma State University and author of the book *Food Police: A Well-Fed Manifesto about the Politics of Your Plate*. Dr. Lusk discusses the wide variety of benefits technology has had on the farm but are often overlooked.

"We really like technological advancements and their benefits in other areas of our lives whether its cell phones or internet access and the same is true about food and agriculture," Lusk says. "The technologies have made farming easier, made food less expensive and its improved environmental impacts. We get more food using less resources."

The Meat MythCrusher video series is co-produced by AMSA and the North American Meat Institute, and seeks to bust some of the most common myths surrounding meat and poultry production and processing. [Click here to read more!](#)

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## Upcoming Meetings

**PORK 101.** AMSA is excited to announce that the 2015 PORK 101 courses will be held May 19-21 at Texas A&M University in College Station, Texas and October 19-21 at Iowa State University, in Ames, Iowa. PORK 101 is hosted by AMSA in cooperation with the National Pork Board and is sponsored by Elanco Animal Health. PORK 101 is co-sponsored by the American Association of Meat Processors (AAMP), American Society of Animal Science (ASAS), North American Meat Institute Foundation (NAMIF) and the Southwest Meat Association (SMA). Registration for AMSA members and other partnering organizations is \$800. Non-member registration is \$950. A special thank you goes out to Elanco Animal Health, a company dedicated to enhancing animal health through science and innovation. For more information or questions regarding PORK 101 please visit: <http://www.meatscience.org/events-education/pork-101> or contact [Deidrea Mabry](#).

### **AMSA Student Membership 2015 Leadership**

**Conference March 13-14.** The 2015 SLC conference will be held in Springdale, Arkansas at the Tyson Discovery Center. We will bring in Dale Carnegie training and concentrate on two main modules: handling mistakes and communicating to lead. In addition, Tyson R&D professionals will be sharing their knowledge in a workshop on Friday where students will then be able to utilize this information in an Iron Chef style event Saturday morning. This training will be sure to impress industry professionals and provide you with a competitive lead on internship and career opportunities! Registration is open and closes February 28th. [Click here to register for the 2015 SLC!](#)

**2015 Beef Industry Safety Summit March 3-5.** The Beef Industry Safety Summit brings industry leaders and safety professionals together from all sectors of the beef chain. Registration for the 2015 event is NOW OPEN. The

Summit will be held in Dallas, TX at the Hyatt Regency DFW. You must book your room by February 11, 2015 to receive a discounted rate. Click on the following links for **REGISTRATION** and **HOTEL** home reservations. For general event information, [click here](#).

### **International Livestock Congress Set for March 4-5.**

The 2015 International Livestock Congress - USA will bring together an elite group of livestock and meat industry international leaders to discuss a variety of proactive strategies that address the ever-changing beef industry. The ILC-USA will be held March 4-5, 2015, at the Houston Livestock Show and Rodeo in Houston, Texas. All segments of the beef industry, both domestic and international, should plan on attending. The ILC in Houston will offer tremendous opportunity to interface with industry and government leaders worldwide, said Russell Cross, Ph.D, ISEF board member. Cost to attend is \$150. Student registration is \$50. Register online at <https://agrifiregister.tamu.edu/ILC>. A complete schedule of events can be found online at <http://www.theisef.com>.

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## **AMSA Welcomes Our New Members:**

### **Student Members:**

Isabel Steffanie Arteaga, Pennsylvania State University  
Tori Ashcraft, Auburn University  
Dixie Lynn Clark, Auburn University  
Sara Menard, Mississippi State University  
Danika Miller, Purdue University  
Kelsey Phelps, Kansas State University  
Meera Nair Surendran, University of Connecticut  
Kayley Wall, Texas A&M University  
Victoria Camille Willis, Kansas State University

### **Professional Members:**

Dirk D. Beekman, Newly Weds Foods  
Lindsey Bowers, ICL Food Specialties  
David Lind, Australian Meat Processor Corporation  
Danielle M. Shubert, National Cattlemen's Beef Association

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## **AMSA Meat Science Career Center**

### **Current Job Postings:**

- Sr. Food Scientist ~ Cargill
- Quality Control ~ Ohio Farms Packing
- Quality Assurance Supervisor - 1ST & 2ND SHIFT ~ Sadler's Smokehouse, LTD
- Quality Assurance Manager ~ Sadler's Smokehouse, LTD
- Manager of Research & Development ~ Sadler's Smokehouse, LTD



Meat Industry  
**CareerLink**

- Regulatory & Specification Manager ~ Cargill, Inc.
- Outreach Specialist (Meat Science) ~ University of Wisconsin
- Food Safety, Quality and Regulatory Manager ~ Cargill
- Sanitation Supervisor ~ Kraft Foods/Oscar Mayer
- Assistant Professor in Animal Science ~ Western Kentucky University
- Sr. Food Scientist ~ Cargill
- Process Authority Scientist- Research and Development ~ Hormel Foods Corporation
- Assistant or Associate Professor of Food Safety and Program Leader ~ University of Nevada, Reno
- Assistant Professor of Applied Food Safety ~ University of Illinois at Urbana-Champaign
- National Cattlemen's Beef Association Internship - Summer and Fall ~ National Cattlemen's Beef Association
- Industry Director Meat North America ~ Corbion

To view all the job postings please go to the [AMSA Career Center](#), if you have any question please contact Deidrea Mabry, [dmabry@meatscience.org](mailto:dmabry@meatscience.org).

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***Got news? Send information and news items to Deidrea Mabry for inclusion in a future edition of AMSA eNews.***

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## **2015 AMSA Calendar of Events**

**February 1 - Southwestern Intercollegiate Meat Judging Contest Frontier Meats** - Fort Worth, TX

**February 21 - Iowa State University Meat Judging Contest Iowa State University** - Ames, IA

**March 3-5 - Beef Safety Summit** - Dallas, TX

**March 4-5 - International Livestock Congress-USA** - Houston, TX

**March 7 - HLSR Intercollegiate Meat Judging Contest** - Houston, TX

**March 29 - April 1 - Meat Animal Evaluation Contest Oklahoma State University** - Stillwater, OK

**May 15-16 - North Carolina State BBQ Camp** - Raleigh, NC

**May 19 - 21 - AMSA PORK 101 - Texas A&M University** - College Station, TX

**June 14-17 - AMSA 68th RMC University of Nebraska** - Lincoln, NE

**October 19 - 21 - AMSA PORK 101 - Iowa State University** - Ames, IA

## **Reciprocal Meat Conference 2015-2017**

**June 14-17, 2015 - University of Nebraska** - Lincoln, Nebraska

**June 19-22, 2016 - Angelo State University** - San Angelo, Texas

**June TBD, 2017 - Texas A&M University** - College Station, Texas

## **International Congress of Meat Science**



## and Technology

August 23-28, 2015 – Clermont-Ferrand, France  
2016 – Bangkok, Thailand  
2017 – Cork, Ireland  
2018 – Australia  
2019 – Germany  
2020 – USA (joint meeting with the Reciprocal Meat Conference)

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