President’s Message

Hello Friends,

It is a great joy for me to serve as President of the Society for the Study of Ingestive Behavior. I joined SSIB shortly after the society was incorporated in 1987. As I have told my trainees and fellows, SSIB may be a relatively small society, but all of the folks that review your papers, your grants and care about your research attend the annual meeting...so, save your best data for presentation at SSIB.

Our past President Marion Hetherington has been mentoring me during the first few months of my presidency. It’s great to learn from a wonderful leader who helped SSIB have another successful year. And of course, other past presidents including Tim Bartness and Alan Spector are doing their best to educate me, making certain that their legacies continue. It’s also great to have SPLtrak (Jamie Price and her staff) oversee the administrative functions, which, once again, resulted in a well ran annual meeting. Our annual meeting would not have had the level of scientific excellence without the efforts of our ace program committee chair Harvey Grill. Harvey and the program committee members worked tirelessly to guarantee quality and engaging symposia that were well received based on feedback from our survey.

There have been some changes in our board and committee membership. Congratulations to Thomas Lutz who was elected as the next SSIB President, having already served the society well for many years. Suzanne Higgs and Ruth Harris continue on as Secretary and Treasury respectively; also having done stellar work. We welcome our new board members; Joanne Cecil, Derek Daniels, and Daniel Tome. Harvey Grill is now emeritus of the program committee and Alan Watts has stepped up as the new chair.

Our 18th independent conference was held on one of the 3 great rivers in Pittsburgh. The meeting was dense in content and warm in friendship. All were given the opportunity to exchange new ideas and data with colleagues and to wring our hands discussing the budget deficits facing many of our institutions and governments.

These are times where collaborative research efforts are even more important and an international meeting such as SSIB gives all the ability to strengthen existing relationship and to build new ones.

(Continued on Page 4)

From the Editor

Welcome to the 2010 Falling-into-Winter edition of INTAKE, newsletter of the Society for the Study of Ingestive Behavior. Time flies, doesn’t it? It doesn’t seem that long ago to me, but it was actually back in 2000 that I had the honor of working on-committee to craft the SSIB Mission Statement. It is therefore been a privilege to produce INTAKE, which strives to foster “the free exchange of ideas and information, and serves as a resource for scientific expertise and education of topics related to the study of ingestive behavior”.

Former SSIB President Joe Vasselli and his colleagues in NYC provide a Profile of ongoing and new research projects in ingestive behavior and related processes at the New York Obesity and Nutrition Research Center (NYONRC), which has conducted important work in the field of ingestive behavior since 1970. We also get to hear from a newer SSIB member, Dr. Eric Muth at Clemson University, about a new device for monitoring human food intake behavior in natural settings. Eric presented his research on the Bite Counter at the SSIB meeting in Pittsburg last summer, and no doubt had good discussions with members of the NYONRC and other laboratories interested in this topic.

The Program Committee, now chaired by Alan Watts, is hard at work putting together the SSIB Annual Meeting for 2011, which will be held July 12 - July 16 at the Sheraton Key Resort in sunny Clearwater, Florida. You will want to be there. And because you will want to introduce new colleagues to SSIB and all it has to offer, you will generously distribute the advertising flier Derek Daniels has provided, on the back page of this edition of INTAKE.

And you will remember that there is a 50% discount on your own already-low membership fee for recruiting a new Regular Member. And you will encourage undergraduates, graduate students and postdocs to join so that they can benefit from SSIB for super-low membership fees. You will. Please enjoy President Allen Levine’s message, in which he presents some other compelling incentives to join SSIB, and to be in Clearwater this summer.

Thanks to everyone who contributes to INTAKE. I hope you enjoy it.

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Successful regulation of body weight requires monitoring energy intake, energy expenditure and knowledge of current body weight relative to a future body weight goal. Greater monitoring of any of these elements is associated with improved levels of that element. For example, it has been shown that people who weigh themselves more frequently are more successful at weight control in the near and long terms (Linde et al, 2005; Klem et al, 1997). Continuous, long-term monitoring of energy intake remains challenging in free-living humans.

The standard for monitoring food intake is some type of eating diary, food frequency questionnaire or diet recall. These methods often require professional intervention and have compliance issues. For example, in an 8-week study, 26% of subjects kept a diary less than half the days, while in a 12-week study by the same authors, 34% complied less than half the days (Baker & Kirschenbaum, 1993; Boutelle & Kirschenbaum, 1998). Self-monitoring by recording consumption of food and drink as it occurs is a much more valid and feasible approach to assessing energy intake on an ongoing basis (O’Neil, 2001). Hence, the continued development of devices which aid in continuous monitoring of intake is desirable.

In research conducted at Clemson University, we discovered that while eating, the wrist of a person undergoes a characteristic rolling motion that is indicative of the person taking a bite of food (Hoover, Muth & Dong, 2009). The roll motion takes place about the axis extending from the elbow to the hand. If, for the right hand, positive roll is defined as clockwise in direction as viewed from the elbow looking towards the hand, and negative roll as counterclockwise motion, the characteristic movement involves a cycle of roll motion that contains an interval of positive roll followed by an interval of negative roll (see Figure 1).

![Coordinate system for defining wrist motion (right-handed)](http://www.parl.clemson.edu/~ahoover/bite-counter/BiteCounter.wmv)

For a typical person, the positive roll happens when a person is raising food from an eating surface (such as a table or plate) towards the mouth. The negative roll happens when the hand is being lowered, or when food is being picked up by fingers or placed on a utensil. The actual placing of food into the mouth usually occurs between the positive and negative rolls. However, even when a person does not follow this particular pattern, the cycle of motion (positive to negative roll) is almost always witnessed during the taking of a bite of food. (See http://www.parl.clemson.edu/~ahoover/bite-counter/BiteCounter.wmv for a video of a tethered version of the device in operation.) This characteristic roll is important because it differentiates wrist or arm motions caused by a variety of activities, such as moving food around a plate or engaging in non-eating-related activities, from a motion that can be directly associated with taking a bite of food. The detection of this characteristic roll is indifferent to the time taken between bites.

Bite Technologies, LLC is currently developing this method of tracking bites into a wearable device, the Bite Counter, so that further research can be conducted using this method of tracking intake (http://www.icountbites.com). The Bite Counter is worn on the wrist like a watch and tracks this pattern of wrist roll motion in order to detect that the wearer has taken a bite of food or drink of liquid, storing a log of time-stamped bite count data. A bite or drink is operationally defined as picking up a bolus of food or sip of contained liquid and placing it in the mouth. The Bite Counter provides a means of continually, passively monitoring bite count in free-living humans with the potential to be a proxy for intake. It provides the capacity to detect, record and store cumulative totals of bite counts over the day with little effort by the wearer. Since the wrist movement and associated count is a prerequisite to consumption, it is probable that a daily total of bites may serve as a relative proxy for energy intake, much as steps recorded by a pedometer serve as a proxy for physical activity.

(Continued on Page 4)
Discount for Members
Get a 50% discount on your membership dues if you recruit a new Regular member this year (limit of one member per year). Contact the SSIB administrative office (ssib@ssib.org) with the name of your recruited new member. Your discount will be deducted upon renewal when your nominated member becomes a SSIB member.

Student Membership
Are all of your students and post doctoral researchers members of SSIB? If not please encourage them to join the Society and benefit from the following:

- Reduced registration for the Annual meeting
- Possibility of obtaining a Young Investigator Award to attend the Annual meeting
- Involvement in the society through participation in the board and other committees
- Access to Members Only areas of the web site that includes job postings/membership directory
- Right to propose symposia for meetings
- Right to propose nominees for prizes and take part in prizes

Call for SSIB Regional Representatives
SSIB is an International Society, drawing its membership from around 28 countries. To maintain and increase membership internationally, the Membership Committee is inviting members to volunteer as SSIB regional representatives. As a regional representative you will encourage ingestive behaviour researchers in your country to join SSIB and suggest ways of increasing membership locally. If you are interested in volunteering as a regional representative contact the Chair of the Membership Committee (Suzanne Higgs, s.higgs.1@bham.ac.uk).

Suzanne Higgs, Ph.D.
Membership & Public Communications Committee Chair

Member Review Articles


de Kloet AD, Krause EG, Woods SC. The renin angiotensin system and the metabolic syndrome. Physiol Behav. 2010; 100(5):525-34.


Epstein LH, Salvy SJ, Carr KA, Dearing KK, Bickel WK. Food reinforcement, delay discounting and obesity. Physiol Behav. 2010; 100(5):438-45.


Kral TV, Rauh EM. Eating behaviors of children in the context of their family environment. Physiol Behav. 2010; 100(5):567-73.

Levin BE. Developmental gene x environment interactions affecting systems regulating energy homeostasis and obesity. Front Neuroendocrinol. 2010; 31(3):270-83.


Tamashiro KL, Moran TH. Perinatal environment and its influences on metabolic programming of offspring. Physiol Behav. 2010; 100(5):560-6.

President’s Message (continued)

Our membership numbers also reflect the difficult financial times and we encourage recruitment of new members and re-engaging those that we have not seen for several years. We have made a minor change to our membership categories to help encourage participation. For some, institutional funding does not allow for membership fees and therefore we will now incorporate membership into the cost of the annual meeting. Thus, you will have the option that when you attend the annual meeting, at a higher rate, you will also become a member of SSIB.

This year we had 282 attendees and received post-conference feedback from 103 participants. Jamie Price and Adam Kohm worked diligently at providing excellent service both prior to and during the conference. This year we look forward to gathering in Clearwater Florida, a perfect setting for those who enjoy the ocean, humidity, heat, waterspouts and great science. Please forward your ideas for symposia to Alan Watts and his committee for review. Such sessions are what make the annual meeting a success. Diversity of topics is important and of course we love to see cutting edge applied, clinical and basic research. Please forward Alan your symposium topic, a list of 3 or more speakers and your justification for the session.

It was extremely fulfilling to chair the awards committee during this past year. The nominees were all worthy and it was difficult to choose the best from the lot. We look forward to another shining group of award winners this year. It takes work to nominate folks, but remember this is one of the most rewarding tasks you can fulfill. Thomas Lutz will be chairing this year’s committee and I trust we will once again have a truly high quality group of nominees.

We welcome all members to become involved in SSIB governance. There are a variety of committees listed on our website and please volunteer for those that interest you. Also, we encourage input at any time about membership, the annual meeting and the society in general.

Thanks for your continued interest in our society and see you in Clearwater.

Best wishes,
Allen Levine
President, SSIB

Featured Research (continued)

The Bite Counter affords unique research opportunities at both the individual level, including intervention and prevention, and the population level. For example, in terms of weight loss intervention, just as use of pedometer feedback and step goals can produce increases in physical activity as measured by steps (e.g., Bravata et al, 2007), it is possible that bite-count feedback and bite-reduction goals may lead to reductions in energy intake by persons attempting to lose weight. The Bite Counter could also serve as a device to augment eating diaries, helping to better track intake and prevent over-consumption. For example, the Bite Counter could be used as a more continuous measure with diet diaries used more as a short-term probe method. Together the tools could be used to verify the accuracy or compliance with the other tool. Finally, the Bite Counter provides a unique opportunity as a dependent measure in large, long-term population level studies that examine patterns of eating in humans. While the Bite Counter clearly cannot indicate the size or caloric content of a bite, these applications do not necessarily require that type of precision. An analogy can be made to the study of rats, where simple pellet-dispensing machines serve as a proxy of a long-term intake in the animal paradigm. Comparative studies anyone?

Dr. Eric R. Muth and Dr. Adam Hoover, Clemson University

References:

Baker RC, Kirschenbaum DS. Self-monitoring may be necessary for successful weight control. Behavior Therapy 1993; 24:377-394


Feeding Behavior Research at the New York Obesity Nutrition Research Center

The New York Obesity Nutrition Research Center (NYONRC), located at St. Luke's-Roosevelt Hospital in New York City, has been continuously funded by NIH as a Core Center since 1970, with a mission to both investigate the development, characteristics and treatment of human obesity, and to facilitate studies addressing these issues by external investigators. The research staff of the Center have appointments in various departments at Columbia University. Not surprisingly, a major part of research at the Center has involved studies of ingestive behavior and its relationship to the onset and maintenance of obesity. Translational research in ingestive behavior has been conducted at the NYONRC since before the term was coined, beginning in 1974 with the “feeding machine” created by Drs. Ted VanItallie, the first Director of the Center, and Sami Hashim. This device was based on operant conditioning principles utilized in animal studies for decades before, and required subjects to depress a pedal to receive a measured amount of liquid diet delivered to the mouth. Under these conditions, obese subjects were found to respond more for food than their lean counterparts. The tradition of ingestive behavior research has continued unabated at the NYONRC under its current Director, Dr. Xavier Pi-Sunyer, who took the reins in 1988. Also serving as NYONRC staff involved in ingestive behavior research at other locations are Drs. Gary Schwartz and Streamson Chua, Einstein College of Medicine, Bronx, NY, and Dr. Rudolph Leibel, Columbia University Medical Center, NYC.

Dr. Harry Kissileff joined the Center in 1977, and began a sustained effort to introduce more subtle and precise techniques for measuring human feeding. In 1978, he and his colleagues introduced the “universal eating monitor”, consisting of a serving bowl sitting on a concealed scale which recorded the weight of the bowl continuously as subjects consumed a meal with a spoon or fork. With this device, grams consumed per unit time, meal duration and total caloric intake could be recorded under semi-natural eating conditions. The eating monitor has been used for the past three decades to study aspects of the cumulative intake curve obtained in single meals, in response to the administration of hormones such as insulin, CCK, glucagon, ghrelin, and leptin, and also to manipulations of gastric distension and exercise. A variety of subjects have been studied including obese binge and nonbinge eaters, patients with bulimia, restrained eaters, and dieters. Other techniques for studying eating behavior that have been developed at the NYONRC include analog rating scales designed by Harry for measuring feelings related to hunger, fullness and satiation before, during and following eating. Most recently, a sipometer, invented by Dr. Anthony Sclafani at Brooklyn College, has been used by Harry to measure rewarding value of foods, based on an analogue of the progressive licking schedule utilized in animals.

Dr. Joe Vasselli first came to the NYONRC in 1978, and was joined by his soon-to-be wife Dr. Carol Maggio. Together they studied the development of food motivated behavior and satiety in Zucker genetically obese rats, introducing operant chambers and osmium-fixed adipocyte measurements to the Center. They also looked at the role of caloric restriction in Zucker rats, finding that lifetime food restriction did not prevent the development of obesity in this genetic strain. In 1985, Joe left the Center for a stint in the pharmaceutical industry, where he worked on anti-diabetic drugs, but returned in 1994 and has been conducting research in three primary areas ever since. First is research on the hormone leptin and its role in the development of obesity, focusing on the determinants of leptin resistance (Vasselli, J. Am J Physiol. 2008; 295: R1365-69). He also began an ongoing collaboration with Dr. David Allison on the role of adiposity in determining lifespan, and David, Joe and Tim Nagy were just awarded a new RO1 to study the effects of weight cycling on immune factors and longevity in mice. In industry, Joe developed an interest in drug testing, and has continued this pursuit at the NYONRC. He is currently examining three potential anti-obesity drugs with different mechanisms of action, which makes the work “quite exciting”. To facilitate these studies, he now uses meal pattern apparatus and DEXA imaging of his rats, enabling him to track the adiposity effects of the drugs in vivo as treatment progresses.

Dr. Allan Geliebter started research at the NYONRC in 1972 as a doctoral student in psychology, investigating the satiating effects of protein, fat and carbohydrate. He then studied the role of gastric distension in determining appetite and developed a gastric balloon prototype to treat obese humans. He began working with neuroimaging about 10 years ago, using fMRI and PET to study obesity and binge eating. fMRI uses a strong magnetic field to detect changes in blood flow of oxygenated hemoglobin, which increases to areas of the brain that become activated by stimuli, e.g., images of food. fMRI has become the dominant functional neuroimaging method, in part because it is safer and less expensive than PET. Allan has several NIH grants to study fMRI as well gut peptides in: a) individuals who have Binge Eating Disorder or Night Eating Syndrome, b) clinically severe obese individuals pre and post bariatric surgery, and c)
Dr. Blandine Laferrière joined the NYONRC first as a postdoctoral fellow with Harry Kissileff in 1992, and again as research staff following completion of her medical training in 1996. Blandine first investigated the regulation of leptin and ghrelin release in human subjects by food intake, glucocorticoids, glucose and insulin. She demonstrated that the suppression of ghrelin after meals is independent of the insulin response to the meal, as the administration of glucose and insulin did not suppress ghrelin. In another study, in collaboration with Cyril Bowers from Tulane University, Blandine showed a stimulating effect of the ghrelin analog GHRP-2 on food intake in lean and obese individuals (Laferrière et al. Obesity 2006; 14(6):1056-63). The focus of her current research is on the mechanisms of diabetes remission and appetite regulation after bariatric surgery, with particular interest on the incretin hormones. She has shown, with Mousumi Bose, a post doctoral fellow at the NYONRC, a superior effect of gastric bypass compared to gastric banding on gut peptide release. The study also confirmed no increase in ghrelin levels one month after gastric bypass surgery, but a surprising increase in ghrelin levels, in parallel with weight loss, one year after gastric bypass. Blandine also demonstrated, in elegant studies with matched weight loss, an increase of the post-prandial satiety peptides GLP1, PYY3-36, and oxyntomodulin after gastric bypass, but not after equivalent weight loss by diet or gastric banding.

Dr. Kathleen Keller also completed a postdoctoral fellowship with Harry Kissileff in 2005 and remained at the NYONRC, where she established the Child Taste and Eating Laboratory. The purpose of this laboratory is to obtain direct measures of eating behavior, food intake, and taste perception in 2-10 year-old children, and it is one of the few sites in the country that offers both the environment and expertise to accommodate this age group. Kathleen conducts a wide variety of tests, including sensory evaluation, food preference analysis, satiation tests, observational studies of childhood eating behaviors, assessment of parental feeding practices, and short-term dietary intervention studies. 

Kathleen’s most recent studies include an examination of the role of polymorphisms in several taste-related genes on food preference, eating habits, and obesity risk in 4-6 year-old children (Keller et al. Obesity 2010; 18: 1194-1200). In addition, she has been investigating the impact of manipulations in food packaging and branding on food acceptance in this same age group. Kathleen is currently conducting a study to determine the role of fast food branding on intake behaviors in 8-9 year-old children, and an intervention study in younger children at risk for obesity testing the efficacy of using cartoon promotional characters to increase fruit and vegetable intake. The long-term goal of these studies is to better understand the genetic and environmental contributors to children’s food preferences so that these factors can be manipulated to prevent obesity.

Dr. Christopher Ochner completed a postdoctoral fellowship with Allan Geliebter in 2009 and has been working to form an independent research laboratory. Chris’ research is focused in two main areas: the effect of weight change on eating-related neural activation, and obesity-related public policy. Chris has received multiple pilot awards to examine changes in fMRI brain activation in response to food cues following gastric bypass in conjunction with Dr. Geliebter, and has recently begun analyzing data examining these changes in participants tested in fasted vs. fed states. Currently, Chris is examining whether postoperative changes in brain activation directly mediate changes in food liking vs. wanting, food preferences (high- vs. low-calorie) and caloric intake. Upcoming initiatives from Dr. Ochner will assess the hyper- vs. hypo-active theory of striatal responding, neural differences in anticipatory vs.

**Figure 1.** Areas of greater activation in the mesolimbic dopamine reward pathway in obese vs. lean groups in response to high-energy dense vs. low-energy dense food cues.

**Figure 2.** High- and Low-fat meals matched for sensory characteristics served in the Child Taste and Eating Laboratory
consummatory reward, and the neural correlates of changes in taste perception following gastric bypass. He is also conducting research to examine the effects of prebariatric surgery weight change on peri- and post-operative outcomes, towards the establishment of standards of practice for prebariatric weight loss requirements (Ochner et al. *Obesity* 2010;18:287-92). In addition, Chris has interests in environmental approach interventions for weight gain prevention and is currently analyzing data from a simplified supermarket-based food labeling study. Finally, he has submitted a proposal to test the individual and combined effects of familial vs. environmental obesity risk, in the hopes of quantifying the relative risk imposed by the current US food environment.

**Dr. Marie-Pierre St-Onge** began her research at the NYONRC as a postdoctoral fellow working with Dr. Steven Heymsfield, and after starting independent research at the Univ. of Alabama, Birmingham, returned to the NYONRC as a staff member in 2007. Marie-Pierre’s research is focused on the effects of sleep and functional foods on energy balance. She recently completed a study where normal weight men and women underwent periods of short or regular bed times. After 3 nights, participants provided blood samples to assess the concentrations of hormones related to appetite and food intake, and rated appetite and satiety on visual analog scales. In the area of functional foods, Marie-Pierre has studied the effects of medium chain triglyceride (MCT) consumption on energy expenditure, food intake, body composition, and metabolic risk factors. She has shown that MCT can increase the thermic effect of food and fat oxidation in overweight men and women and that, when consumed as part of a weight loss program, a daily intake of 18-22 g of MCT oil can lead to improvements in body composition (St-Onge and Bosarge. *Am J Clin Nutr* 2008; 87: 621-6). More recently, her lab has looked at the hormonal effects of MCT consumption as they relate to food intake regulation. Her lab has also studied the effects of coffee manooligosaccharides as a potential adjunct to a weight loss program, and has recently been interested in the role of spices on energy metabolism, food intake regulation, and metabolic risk factors.

**Dr. Susan Carnell** arrived at the ORC in 2007. Susan’s doctoral research concerned parental feeding style and children’s eating behavior, and her previous post-doctoral work in the UK used twin and genetic association methods to reveal strong heritable influences on children’s appetite. At the ORC she joined Dr. Geliebter to complete post-doctoral training on a study of appetite hormone responses to intake and stress in obese and lean adults with and without Binge Eating Disorder (BED). She is now combining her diverse areas of experience to develop a new program of biobehavioral research on genetic and environmental influences on obesity development, with a focus on neuroimaging. In a study supported by a K99/R00 award to Susan from NiDDK, she is measuring fMRI responses to visual presentations of high energy-density food cues in obese and lean adolescents at high and low familial or genetic risk for obesity, with the hypothesis that there will be heightened activation of appetitive circuits in the obese and ‘high risk’ groups. She hopes this study will shed light on the neurological underpinnings of genetically and environmentally-determined individual differences in appetitive responsivity (Carnell S & Wardle J. *Proc Nutr Soc.* 67(4):343-55, 2008). Susan is also working with Allan Geliebter in a study of intake and fMRI responses to food cues following a laboratory stressor in obese and lean adults with and without BED. This project promises to enhance knowledge of the neurobiology of stress-induced eating and suggest new therapeutic targets for eating disorders and obesity.

Joe Vasselli, Ph.D.
**MEETING ANNOUNCEMENTS**

Winter Conference on Animal Learning & Behavior  
*(Jan 29 – Feb 1, 2011)*

The upcoming Winter Conference on Animal Learning & Behavior, to be held Jan 29-Feb 1, 2011 in Winter Park, Colorado, may be of interest to SSIB members. This year’s meeting will feature a keynote lecture by Terry Davidson of Purdue University entitled “Bi-directional Links Between Obesity and Learning & Memory Dysfunction” and an accompanying Focus Session on the involvement of learning & memory mechanisms in appetite and overeating. This small, informal meeting is intended to promote intensive, high-quality discussion on the focus topic, and is scheduled to allow full enjoyment of the beautiful ski resort venue. Anyone interested in learning/memory mechanisms of appetite is welcome to attend and participate. Please contact Kevin Myers (kmyers@bucknell.edu) to receive more information about the meeting.

Swiss Winter Conference on Ingestive Behavior  
*February 26-March 3, 2011; St. Moritz, Switzerland*  
[http://winter-ingestion.ethz.ch](http://winter-ingestion.ethz.ch)

We strongly encourage you to book your accommodation NOW because our room block has limited capacity. Please book your accommodation directly with the hotel (email or fax), and please let us know if there are problems with your hotel bookings! Please do not forget to mention the conference code: “Winter Ingestion Konferenz”.

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**Future SSIB Meeting Dates**

**SAVE THE DATE!**

20th Annual Meeting of the Society for the Study of Ingestive Behavior  
*July 10-14, 2012*  
ETH Zurich  
Zurich, Switzerland

21st Annual Meeting of the Society for the Study of Ingestive Behavior  
*July 30-Aug 3, 2013*  
The Roosevelt New Orleans  
New Orleans, LA, USA

22nd Annual Meeting of the Society for the Study of Ingestive Behavior  
*July 29-Aug 2, 2014*  
The Westin Seattle  
Seattle, WA, USA

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Conference Summary
The four-day conference is for a broad audience of basic and clinical scientists from academia and industry who are interested in research on food intake, fluid intake, and body energy homeostasis and the associated biological, psychological and social processes. It provides a multidisciplinary environment for the presentation of the highest quality science in the area.

"If you are interested in state of the art clinical, applied and basic research related to food intake regulation this is your meeting."

-- Allen S. Levine, President of the Society for the Study of Ingestive Behavior

Important Dates:
January 15, 2011    Online registration opens
March 1, 2011       Deadline for abstract submission
March 1, 2011       Last day to become an SSIB member and qualify for discounted registration
May 15, 2011        Early registration closes

Highlights from the 2010 Annual Meeting

Symposia:

- Translational approach to research: The goal vs the reality.
- Maintaining energy homeostasis in the face of social stress.
- Early determinants of ingestive behavior.
- A modern perspective on contributions to ingestive behavior from lateral hypothalamic neurons and their projections.
- Weight regain after obesity: predictors and prevention.
- Why we eat when we eat: Mechanisms underlying meal entrainment.
- Facts on fats: Taste, GI, and brain signaling.

For more information please visit our website: www.ssib.org