

**The Department of Nutritional Sciences
Fall 2026 Seminar Series**

**"Effects of 1-year Supplementation With Soluble Corn Fiber
on Bone Mass in Children and Adolescents, Results From
the MetA-Bone Trial"**

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Professor and Chair
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Host:

Sue Shapses, Ph.D., R.D., DFASN
Distinguished Professor of Nutritional Sciences
Rutgers, The State University of New Jersey



**Wednesday, September 23, 2026 @ 2:15 PM
FSNS Building, 65 Dudley Road, New Brunswick, Room 120**

Zoom option: <https://go.rutgers.edu/palacios-seminar>



This talk will describe the effects of a one-year RCT with soluble corn fiber (SCF) supplementation trial compared to Placebo, with or without calcium, on bone mass in children and adolescents with low habitual calcium intake. It will also describe the effects of the supplementation on body composition, blood lipids, and inflammatory biomarkers.