Nutrition Today

An official partner publication of the American Society for Nutrition (ASN)

Nutrition Today helps nutrition professionals clear a pathway through today's maze of fad diets and cure-all claims by easy to read, authoritative reviews. Its peer reviewed articles are by leading nutrition and health professionals on the effects of different food and eating practices on health and quality of life. Lively, informative articles cover the most current and controversial topics, such as the role of bioactive food ingredients like probiotics in chronic diseases, sports nutrition, the food business, communicating nutrition, the politics of food, food in culture and news about people, meetings, and other events that affect the field.

ASN is the authoritative voice on nutrition, with more than 4,300 scientist and clinician members in academia, practice, government and industry from around the world. ASN advances excellence in research and practice through its publications, education, public affairs and membership programs.

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