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Impact on Food and a Healthy Lifespans, Research on Nutrition's

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Abstract: *One of the best and least expensive methods to reduce the burden of numerous diseases and the risk factors that go along with them, such as obesity, is through proper diet. Nutrition research has the potential to significantly impact economies and global health since it holds the key to deepening our understanding of the causes of obesity and its associated comorbidities. Following a survey of seventy-five influential individuals, the American Society for Nutrition (ASN) organised a Working Group to determine which areas of nutrition research need to be advanced in order to have the biggest anticipated influence on the health and welfare of future generations worldwide. The high priority categories of ASN's Nutrition Research Needs are as follows: 1) individual variations in food and diet responses; 2) normal growth, development, and reproduction; 3) health maintenance; 4) medical care; 5) nutrition-related behaviours; and 6) food supply/environment. With the tremendous potential for translation and impact on public health, ASN expects that the Nutrition Research Needs will spur collaboration among scientists from various disciplines to pursue this ambitious research agenda. ASN also expects that the results of the Nutrition Research Needs would encourage the creation and acceptance of fresh, cutting-edge approaches to the diagnosis, treatment, and prevention of diseases linked to nutrition. Because nutrition research is multidisciplinary, different areas of expertise of stakeholders must work together to produce evidence-based nutrition guidelines and policies that will improve the health of the world's population through a variety of multidimensional techniques. ASN also recognised five instruments that are essential to the advancement of the Nutrition Research Needs in addition to the specified research needs: Databases, bioinformatics, omics, biomarkers, cost-effectiveness analysis, and 3) databases round out the list. Adv. Nutr. 4 (2013): 579–584.*

Keywords: Nutrition

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