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.

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