



American Society for Nutrition  
*Excellence in Nutrition Research and Practice*  
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## VIGNETTES FROM ASN HIGHLIGHT BREAKTHROUGHS IN NUTRITION

**July 16, 2008**—The American Society for Nutrition (ASN) announces the release of six vignettes which describe nutrition research breakthroughs that have resulted in, or have the potential to result in, major public health advances. In addition to describing the science, these short vignettes outline the reduced economic impact and public health applications which resulted from these breakthroughs.

“We are very pleased to provide these nutrition success stories to Congress, the public, and other scientists,” said Patrick Stover, Ph.D., chair of the ASN public policy committee, which wrote the reviews. “Many people do not realize the widespread benefits that nutrition research has had on lifespan, quality of life, and disease prevention. Perhaps our best example is folic acid, which we know can prevent birth defects. The discoveries and research with respect to this vitamin have shaped public policy and public health practice, and as a result have lowered rates of neural tube defects in the U.S. These success stories affirm the need to build on previous research and close the gaps in knowledge that remain. It is our hope that policymakers will help advance future breakthroughs by supporting increased funding.”

The following vignettes [are available online](#), with additional ones forthcoming.

- **Calcium and Vitamin D Contribute to Lifelong Bone Health**
- **Choline May Optimize Healthy Aging and Fetal Development**
- **Folic Acid Prevents Common Birth Defects**
- **Lifestyle Interventions Are More Effective Than Drug Therapy in Preventing Diabetes**
- **Lutein and Zeaxanthin May Prevent Age-Related Macular Degeneration**
- **Vitamin Supplements Prevent Age-Related Blindness**

*The American Society for Nutrition is the preeminent professional organization for nutrition research scientists and clinicians around the world. ASN is dedicated to bringing together the top nutrition researchers, medical practitioners, policy makers and industry leaders to advance our knowledge and application of nutrition. Founded in 1928, ASN publishes *The American Journal of Clinical Nutrition (AJCN)* and *The Journal of Nutrition (JN)*. Visit ASN online at [www.nutrition.org](http://www.nutrition.org).*

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