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We have seen general interest in nutrition reach record levels; never before has science-based information about nutrition and wellness been more important. The research within supports clinicians when considering individualized treatments for nutrition-related health concerns such as obesity, cancer, and chronic disease. Educators and policy makers will also find the compendium useful in staying abreast of critical discoveries.

Summaries of each research report provide added value and analysis of what the study means in practical terms. A scientific abstract and references for each research report assist in discerning useful takeaways. The 2014 edition of The Best of Clinical Nutrition features studies on:

• Low vitamin D concentration exacerbates adult brain dysfunction
• Dietary fats and health: dietary recommendations in the context of scientific evidence
• Docosahexaenoic acid (DHA) supplementation and memory/reaction time in young adults
• Usefulness of fat and lean body mass index (BMI) reference curves in children and adolescents
• Amount of protein intake required for body weight loss and weight maintenance
• Fruit and vegetable intakes and lower risk of bladder cancer among women