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The Best of Clinical Nutrition 2012
Highlights from the American Society for Nutrition’s Scholarly Journals

This compilation puts at your fingertips more than 45 articles expertly chosen from a year’s worth of the American Society for Nutrition’s (ASN) highly respected, peer-reviewed journals: The American Journal of Clinical Nutrition, The Journal of Nutrition and Advances in Nutrition. These articles were carefully selected for their potential impact on clinical practice. They are the research reports you want to have on your reference shelf for easy access time after time.

Taken together, the articles provide an up-to-date and accurate assessment of our knowledge in many areas of nutrition.

Here are just a few of the studies included in the 2012 edition:
- Trends in carbohydrate, fat and protein intakes
- Effect of coffee on blood pressure and CVD
- Dietary supplement use in the U.S.
- Disparities in pediatric obesity
- Dietary fiber and risk of breast cancer

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“In my eyes, working in the lab animal science field is not just a job. This is my livelihood and passion – a career I truly care about.”

My first job as an Animal Caretaker/Research Assistant initially sparked my enthusiasm for lab animal science. Over the years, I became increasingly engrossed in the field, which eventually led to my current career as a LabDiet® Account Manager.

My experiences on both sides of the field – from cleaning cages to serving on the national board of AALAS – have sculpted my intricate knowledge. I can relate to my clients on multiple levels, which allows me to troubleshoot their problems, guide them in the right direction, and offer sound advice.

LabDiet is a product I proudly stand behind and endorse. My expertise in this field gives me great confidence to represent this brand and the superior level of nutrition it offers. When the end-users are satisfied, I know I’ve done my job well.

Jose Espinal, BBA, CMAR, LATG, ILAM
LabDiet Account Manager, Northeast