

The Digest

Research
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Catalog of Nutrition and Dietetics Journals

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Submission of a manuscript to a scientific journal requires consideration of a multitude of factors, both pragmatic and philosophical. While authors may first prioritize the appropriateness of fit to the journal's aims and scopes, practical considerations also may influence the decision to submit, such as rate of acceptance, frequency of publication, or turnaround time.

The purpose of this catalog is to synthesize relevant information from top nutrition- and dietetics-related scientific journals. Inclusion criteria held that the journals be peer-reviewed, published in English, targeted towards a national (United States) or international audience, and assigned a Journal Citation Report (JCR) impact factor for 2017 under the "Nutrition & Dietetics" category in either the Q1 or Q2 JIF quartiles.¹ Journals in this catalog are listed in descending order of impact factors.

The synopsis of each journal provides the following data: editor-in-chief, scope, publication frequency, acceptance rate, review time, publication time, publication fee, and impact factor (a measure reflecting the yearly average number of citations to recent articles published in a journal). Review time is defined as the time from first submission to final acceptance. Publication time is defined as the time from final acceptance to publication of the full issue. INA is used to indicate when information is not available; this was due to publications that did not collect certain metrics, did not wish to publish the information publicly, or did not respond to email inquiries.

Data was collected using multiple methods. Publicly available information was retrieved from the Journal Citation Reports,¹ Cabells, and the journal websites. Journal editors were contacted by email from September to December of 2018 to inquire about missing information; up to four email messages were needed for follow-up or clarification.

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Note that this is not an exhaustive list of the potential publication outlets for nutrition researchers but rather a succinct list based on the aforementioned criteria. As researchers plan for the dissemination of their work, knowledge of each journal's characteristics may inform an effective publication strategy for high quality journals.

REFERENCE

1. InCites Journal Citation Reports: Journals in nutrition & dietetics [database online]. Philadelphia, PA: Clarivate Analytics; 2018. <https://jcr.incites.thomsonreuters.com/JCRJournalHomeAction.action?pg=JRNHOME&categoryName=NUTRITION%20%26%20DIETETICS&categories=SA> Accessed October 1, 2018.

ANNUAL REVIEW OF NUTRITION

- Co-Editors-in-Chief: Rudi Balling, PhD and Patrick J. Stover, PhD
- Scope: *The Annual Review of Nutrition*, in publication since 1981, covers significant developments in the field of nutrition, including energy metabolism, carbohydrates, lipids, proteins and amino acids, vitamins, minerals, nutrient transport and function, metabolic regulation, nutritional genomics, molecular and cell biology, clinical nutrition, comparative nutrition, nutritional anthropology, nutritional toxicology, nutritional microbiology, epidemiology, and public health nutrition.
- Publication Frequency: Yearly
- Acceptance Rate: Publish upon invitation only
- Review Time: 4 months
- Publication Time: 2 months
- Publication Fee: No fee for subscription publishing. Optional open access publishing.
- Impact Factor: 8.886

PROGRESS IN LIPID RESEARCH

- Founding Editor: Ralph T. Holman, PhD
- Scope: The application of the biochemistry, chemistry, and physiology of lipids to biotechnology, the fats and oils industry, and medicine have continued to expand apace. In addition, new dimensions such as lipid biophysics, especially with relevance to membranes and lipoproteins, and basic liposome research and applications have been added. To cope with all these advances in knowledge, *Progress in Lipid Research* reviews recent progress in particular fields and sets current research against its historical background.
- Publication Frequency: Quarterly
- Acceptance Rate: Publish upon invitation only, less than 50%
- Review Time: 3-6 months
- Publication Time: INA
- Publication Fee: No fee for subscription publishing. Open access publishing fee \$4,000.
- Impact Factor: 8.435

ADVANCES IN NUTRITION

- Editor-in-Chief: Katherine L. Tucker, PhD
- Scope: *Advances in Nutrition* publishes literature reviews focused on key findings and recent research in all areas of interest to nutritional scientists and biomedical researchers. This would include nutrition-related research efforts directed toward biochemical, molecular, and genetic studies utilizing experimental animal models, domestic animals, and human subjects. The other major foci of the journal are in clinical nutrition, epidemiology and public health, and nutrition education.
- Publication Frequency: Bimonthly
- Acceptance Rate: INA
- Review Time: INA
- Publication Time: INA
- Publication Fee: Subscription publishing fee varies. Open access publishing fee \$3,000-\$5,000 in addition to other author charges (page charges, color reproduction charges, author alteration charges, and charges for reprint orders).
- Impact Factor: 6.853

AMERICAN JOURNAL OF CLINICAL NUTRITION

- Editor-in-Chief: Christopher Duggan, MD, MPH
- Scope: The purpose of the *American Journal of Clinical Nutrition* is to publish original research studies relevant to human and clinical nutrition. Well-controlled clinical studies that describe scientific mechanisms, efficacy, and safety of dietary interventions in the context of disease prevention or a health benefit will be considered. Public health and epidemiologic studies relevant to human nutrition and innovative investigations of nutritional questions that employ epigenetic, genomic, proteomic, and metabolic approaches are encouraged. Solicited editorials, book reviews, solicited or unsolicited review articles, invited position papers about controversial topics, and Letters to the Editor that relate to prior *AJCN* articles are essential components of the *AJCN*.
- Publication Frequency: Monthly
- Acceptance Rate: 20%
- Review Time: INA
- Publication Time: INA
- Publication Fee: American Society for Nutrition members pay \$100 for the first seven pages and \$135 for each additional page; non-members pay \$140 and \$165, respectively. Color illustration for print fee of \$400 per figure. Other potential charges include author alteration charges, or charges for reprint orders. Open access publication fee \$3,000-\$5,000.
- Impact Factor: 6.549

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CRITICAL REVIEWS IN FOOD SCIENCE AND NUTRITION

- Editor-in-Chief: Fergus M. Clydesdale, PhD
- Scope: The objective of *Critical Reviews in Food Science and Nutrition* is to present critical viewpoints of current technology, food science, and human nutrition. Also, the application of scientific discoveries and the acquisition of knowledge as they relate to nutrition, functional foods, food safety, and food science and technology are thoroughly addressed in this comprehensive and authoritative information source.
- Publication Frequency: 22 issues published per year
- Acceptance Rate: 62.7%
- Review Time: 3 months
- Publication Time: Less than 1 month
- Publication Fee: No online publishing fee. Color illustrations for print publications are \$400 per figure for the first four figures, \$75 per figure for five or more figures.
- Impact Factor: 6.015

NUTRITION REVIEWS

- Editor-in-Chief: Douglas Taren, PhD
- Scope: *Nutrition Reviews* specializes in the publication of authoritative and critical literature reviews on current and emerging topics in nutrition science, food science, clinical nutrition, and nutrition policy.
- Publication Frequency: Monthly
- Acceptance Rate: 30%
- Review Time: 1-3 months
- Publication Time: 10 months
- Publication Fee: No fee for subscription publishing. Open access publishing fee \$3,000-\$4,000.
- Impact Factor: 5.788

INTERNATIONAL JOURNAL OF BEHAVIORAL NUTRITION AND PHYSICAL ACTIVITY

- Editor-in-Chief: Hidde van der Ploeg, PhD
- Scope: The *International Journal of Behavioral Nutrition and Physical Activity* is devoted to furthering the understanding of the behavioral aspects of diet and physical activity and is unique in its inclusion of multiple levels of analysis, including populations, groups, and individuals as well as its inclusion of epidemiology and behavioral, theoretical, and measurement research areas.
- Publication Frequency: Continuous publishing upon acceptance
- Acceptance Rate: INA
- Review Time: 5 months
- Publication Time: 2 weeks
- Publication Fee: Required open access publishing fee \$2,580.
- Impact Factor: 5.548

CLINICAL NUTRITION

- Editor-in-Chief: Nicolaas Deutz, MD, PhD
- Scope: *Clinical Nutrition*, the official journal of The European Society for Clinical Nutrition and Metabolism (ESPEN), is an international journal providing essential scientific information on nutritional and metabolic care and the relationship between nutrition and disease both in the setting of basic science and clinical practice.
- Publication Frequency: Bimonthly
- Acceptance Rate: 27%
- Review Time: 2-3 months
- Publication Time: Greater than 12 months
- Publication Fee: No fee for subscription publishing. Open access publishing fee \$2,700.
- Impact Factor: 5.496

PROCEEDINGS OF THE NUTRITION SOCIETY

- Editor-in-Chief: Janice Drew, PhD
- Scope: The *Proceedings of the Nutrition Society* publishes papers and abstracts presented by members and invited speakers at the scientific meetings of The Nutrition Society and abstracts of Original Communications presented during the Society's scientific meetings.
- Publication Frequency: 5 issues published per year
- Acceptance Rate: Publish upon invitation only
- Review Time: INA
- Publication Time: INA
- Publication Fee: Color illustrations for print publications are \$280 per color figure. Optional open access publishing fee \$2,980.
- Impact Factor: 5.347

INTERNATIONAL JOURNAL OF OBESITY

- Co-Editors-in-Chief: Richard L. Atkinson, MD and Ian Macdonald, PhD
- Scope: The *International Journal of Obesity* publishes the latest research and reviews on biochemical, physiological, genetic, molecular, metabolic, nutritional, psychological, and epidemiological aspects of obesity and related disorders.
- Publication Frequency: Monthly
- Acceptance Rate: 20%
- Review Time: 2-8 weeks
- Publication Time: 3 weeks (online), 3 months (print)
- Publication Fee: Subscription publishing color illustration fee ranges from \$937 for one figure to \$239 for seven figures or more. Open access publishing fee \$3,300.
- Impact Factor: 5.159

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FOOD CHEMISTRY

- Editor-in-Chief: Paul Finglas, B.Sc.
- Scope: *Food Chemistry* publishes original research papers dealing with the advancement of the chemistry and biochemistry of foods or the analytical methods/approaches used. Analytical papers focus on the microbiological, sensory, nutritional, and physiological aspects as well as authenticity and origin of food.
- Publication Frequency: 24 issues published per year
- Acceptance Rate: 27%
- Review Time: 2.7 months
- Publication Time: 2.8 weeks
- Publication Fee: No fee for subscription publishing. Fees for color illustrations for print publications vary. Open access publishing fee \$2,800.
- Impact Factor: 4.946

NUTRITION RESEARCH REVIEWS

- Editor-in-Chief: Jayne Woodside, PhD
- Scope: *Nutrition Research Reviews* offers a comprehensive overview of nutritional science today. The journal presents up-to-date, concise, critical reviews of key topics in nutrition science advancing new concepts and hypotheses that encourage the exchange of fundamental ideas on nutritional well-being in both humans and animals.
- Publication Frequency: Semi-annually
- Acceptance Rate: INA
- Review Time: INA
- Publication Time: INA
- Publication Fee: No fee for subscription publishing. Open access publishing fee \$2,980.
- Impact Factor: 4.586

CURRENT OPINION IN CLINICAL NUTRITION AND METABOLIC CARE

- Co-Editors-in-Chief: Luc A. Cynober, PhD and Yvon Carpentier, MD
- Scope: *Current Opinion in Clinical Nutrition and Metabolic Care* offers a broad-based perspective on the most recent and exciting developments within the field of clinical nutrition and metabolic care. Each issue features insightful editorials and high-quality invited reviews covering two or three key disciplines which include protein, amino acid metabolism and therapy, lipid metabolism and therapy, nutrition and the intensive care unit, and carbohydrates.
- Publication Frequency: 6 issues published per year
- Acceptance Rate: Publish upon invitation only
- Review Time: 1 week
- Publication Time: 3-9 months
- Publication Fee: No fee for subscription publishing. Color illustration for print fee \$1,000. Open access publishing fee \$3,000.
- Impact Factor: 4.534

EUROPEAN JOURNAL OF NUTRITION

- Editor-in-Chief: Bruce Griffin, PhD
- Scope: *European Journal of Nutrition* publishes original papers, reviews, and short communications in the nutritional sciences. Manuscripts published in the *European Journal of Nutrition* provide current information on the impact of nutrients and non-nutrients on immunology and inflammation, gene expression, metabolism, chronic diseases, or carcinogenesis or show a major focus on epidemiology, including intervention studies with healthy subjects and with patients, on food safety or on biofunctionality of food and food components.
- Publication Frequency: 8 issues published per year
- Acceptance Rate: 20%
- Review Time: 1.6 months
- Publication Time: 2.4 weeks
- Publication Fee: No fee for subscription publishing. Optional open access publishing fee \$3,760.
- Impact Factor: 4.423

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Your Research Could Be Published Here!

Have interesting research to share? Know any students who do? Consider publishing an article in *The Digest*!

Please email the Editor-in-Chief, Tricia Psota, at tricia@triciapsota.com to inquire.



JOURNAL OF NUTRITIONAL BIOCHEMISTRY

- Editor-in-Chief: Bernhard Hennig, PhD, RD
- Scope: Devoted to advancements in nutritional sciences, the *Journal of Nutritional Biochemistry* presents experimental nutrition research as it relates to biochemistry, molecular biology, toxicology, or physiology.
- Publication Frequency: 12 issues published per year
- Acceptance Rate: INA
- Review Time: 1.7 months
- Publication Time: 2-4 weeks
- Publication Fee: No fee for subscription publishing. Open access publishing fee \$3,200.
- Impact Factor: 4.414

JOURNAL OF NUTRITION

- Editor-in-Chief: Teresa Davis, PhD
- Scope: The *Journal of Nutrition* publishes peer-reviewed original research papers covering all aspects of experimental nutrition in humans and other animal species as well as special articles such as reviews and biographies of prominent nutrition scientists and issues, opinions, and commentaries on controversial issues in nutrition. Supplements are frequently published to provide extended discussion of topics of special interest.
- Publication Frequency: Monthly
- Acceptance Rate: 20%
- Review Time: 3 months
- Publication Time: 1 month
- Publication Fee: Subscription page fee of \$140 for the first seven pages and \$165 for each additional page. Color illustration for print fee \$400 per figure. Other potential charges include author alteration charges or charges for reprint orders. Open access publication fee \$3,000-\$5,000.
- Impact Factor: 4.398

JOURNAL OF PARENTERAL AND ENTERAL NUTRITION

- Editor-in-Chief: Kelly Tappenden PhD, RD
- Scope: The *Journal of Parenteral and Enteral Nutrition* is the premier scientific journal of nutrition and metabolic support. It publishes original, peer-reviewed studies that define the cutting edge of basic and clinical research in the field. It explores the science of optimizing the care of patients receiving enteral or intravenous therapies. Also included are reviews, techniques, brief reports, case reports, and abstracts.
- Publication Frequency: 8 issues published per year
- Acceptance Rate: 37%
- Review Time: 2.3 weeks
- Publication Time: 2 months
- Publication Fee: No fee for subscription publishing.
- Impact Factor: 4.249

NUTRIENTS

- Co-Editors-in-Chief: Luis Serra-Majem, PhD and Maria Luz Fernandez, PhD
- Scope: *Nutrients* considers manuscripts for publication that provide novel insights into the impacts of nutrition on human health or novel methods for assessing nutritional status. This includes manuscripts describing the outcomes of animal studies that have relevance to human health.
- Publication Frequency: Monthly
- Acceptance Rate: 53%
- Review Time: 2.6 weeks
- Publication Time: 4.6 days
- Publication Fee: Required open access publishing fee \$1,800.
- Impact Factor: 4.196

OBESITY

- Editor-in-Chief: Eric Ravussin, PhD, FTOS
- Scope: *Obesity* offers prompt publication of high-quality original research and presents new information in the areas of clinical nutrition medicine, pharmacology, nutrition medicine, genetics, adipogenesis, behavioral epidemiology, biophysics and lipid metabolism, exercise and human physiology, nutritional epidemiology, phenotyping, fat cell physiology, aging, neuroscience, transgenic models, metabolic syndrome, nutrition behavior, pediatric obesity, and adipocyte cell biology.
- Publication Frequency: Monthly
- Acceptance Rate: INA
- Review Time: INA
- Publication Time: INA
- Publication Fee: Subscription publishing fee of \$95 per page and \$595 per color illustration. Required open access publishing fee \$3,500.
- Impact Factor: 4.042

JOURNAL OF THE ACADEMY OF NUTRITION AND DIETETICS

- Editor-in-Chief: Linda G. Snetselaar, PhD, RDN, LD, FAND
- Scope: The *Journal of the Academy of Nutrition and Dietetics* is the premier source for the practice and science of food, nutrition, and dietetics. The monthly, peer-reviewed journal presents original articles prepared by scholars and practitioners and is the most widely read professional publication in the field. The journal focuses on advancing professional knowledge across the range of research and practice issues such as nutritional science, medical nutrition therapy, public health nutrition, food science and biotechnology, foodservice systems, leadership and management, and dietetics education.
- Publication Frequency: Monthly
- Acceptance Rate: 19%
- Review Time: 1.5-2 months
- Publication Time: 2 months
- Publication Fee: No fee for subscription publishing. Open access publishing fee \$2,750. 10% discount for Academy members.
- Impact Factor: 4.021

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INTERNATIONAL JOURNAL OF EATING DISORDERS

- Editor-in-Chief: Ruth Striegel Weissman, PhD
- Scope: Articles featured in the *International Journal of Eating Disorders* describe state-of-the-art scientific research on theory, methodology, etiology, clinical practice, and policy related to eating disorders as well as contributions that facilitate scholarly critique and discussion of science and practice in the field. Theoretical and empirical work on obesity or healthy eating falls within the journal's scope inasmuch as it facilitates the advancement of efforts to describe and understand, prevent, or treat eating disorders. This journal welcomes submissions from all regions of the world and representing all levels of inquiry (including basic science, clinical trials, implementation research, and dissemination studies) across a full range of scientific methods, disciplines, and approaches.
- Publication Frequency: Monthly
- Acceptance Rate: INA
- Review Time: 3 weeks
- Publication Time: INA
- Publication Fee: No fee for subscription publishing. Variable fees for color print illustrations. Open access publishing fee \$3,700.
- Impact Factor: 3.897

NUTRITION

- Editor-in-Chief: Allesandro Laviano, MD, PhD
- Scope: *Nutrition* presents advances in nutrition research and science, informs its readers on new and advancing technologies and data in clinical nutrition practice, encourages the application of outcomes research and meta-analyses to problems in patient-related nutrition; and seeks to help clarify and set the research, policy, and practice agenda for nutrition science to enhance human well-being in the years ahead.
- Publication Frequency: Continuous publishing upon acceptance
- Acceptance Rate: Confidential
- Review Time: 10 days
- Publication Time: Published in next available issue
- Publication Fee: Optional open access publication fee. No fee for subscription publishing. Open access fee \$2,500.
- Impact Factor: 3.734

BRITISH JOURNAL OF NUTRITION

- Editor-in-Chief: John Mathers, PhD
- Scope: The *British Journal of Nutrition* encompasses the full spectrum of nutritional science, and submission of manuscripts that report studies in the following areas is strongly encouraged: epidemiology, dietary surveys, nutritional requirements and behaviour, metabolic studies, body composition, energetics, appetite, obesity, aging, endocrinology, immunology, neuroscience, microbiology, genetics, and molecular and cell biology. The focus of all manuscripts submitted to the journal should be to increase knowledge in nutritional science.
- Publication Frequency: 24 issues published per year
- Acceptance Rate: INA
- Review Time: INA
- Publication Time: INA
- Publication Fee: Subscription publishing fee for print illustrations in color \$400. Open access publishing fee \$2,980.
- Impact Factor: 3.657

NUTRITION JOURNAL

- Co-Editors-in-Chief: Clare Collins, PhD and Sharon Kirkpatrick, PhD, RD
- Scope: The *Nutrition Journal* publishes novel surveillance, epidemiologic, and intervention research that sheds light on i) influences (e.g., familial, environmental) on eating patterns, ii) associations between eating patterns and health, and iii) strategies to improve eating patterns among populations. The journal also welcomes manuscripts reporting on the psychometric properties (e.g., validity, reliability) and feasibility of methods (e.g., for assessing dietary intake) for human nutrition research. In addition, study protocols for controlled trials and cohort studies, with an emphasis on methods for assessing dietary exposures and outcomes as well as intervention components, will be considered. The journal does not consider animal studies.
- Publication Frequency: Continuous publishing upon acceptance
- Acceptance Rate: INA
- Review Time: 5.5 months
- Publication Time: 2.3 weeks
- Publication Fee: Required open access publishing fee \$2,680.
- Impact Factor: 3.568

NUTRITION & METABOLISM

- Co-Editors-in-Chief: Xu Lin, MD, PhD and Lorraine Brennan, PhD
- Scope: The areas of interest for *Nutrition & Metabolism* encompass studies in molecular nutrition in the context of obesity, diabetes, lipidemias, metabolic syndrome, and exercise physiology. Manuscripts related to molecular, cellular and human metabolism, nutrient sensing, and nutrient–gene interactions are also an interest as are submissions that have employed new and innovative strategies like metabolomics/lipidomics or other omic-based biomarkers to predict nutritional status and metabolic diseases.
- Publication Frequency: Continuous publishing upon acceptance
- Acceptance Rate: INA
- Review Time: 1-2 months
- Publication Time: 2 weeks
- Publication Fee: Required open access publication fee \$2,570.
- Impact Factor: 3.483

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HEPATOBIILIARY SURGERY AND NUTRITION

- Editor-in-Chief: Yilei Mao, MD, PhD
- Scope: The main focus of *Hepatobiliary Surgery and Nutrition* is to describe new findings in hepatobiliary diseases and nutrition and to provide current and practical information on diagnosis, prevention and clinical investigations. Specific areas of interest include, but are not limited to, surgical techniques, clinical and basic research, transplantation and other therapies, related imaging, biology, pathology, immunology, targeted drug and molecular developments, and technical advances related to hepatobiliary diseases and nutrition research. Contributions pertinent to hepatobiliary diseases are also included from related fields such as public health, human genetics, basic sciences, education, sociology, and nursing.

NUTRITION, METABOLISM & CARDIOVASCULAR DISEASES

- Editor-in-Chief: Alfonso Siani, MD
- Scope: *Nutrition, Metabolism & Cardiovascular Diseases* is a forum designed to focus on the powerful interplay between nutritional and metabolic alterations and cardiovascular disorders. It aims to be a highly qualified tool to help refine strategies against the nutrition-related epidemics of metabolic and cardiovascular diseases. By presenting original clinical and experimental findings, it introduces readers and authors to a rapidly developing area of clinical and preventive medicine including vascular biology. Of particular concern are the origins, the mechanisms, and the means to prevent and control diabetes, atherosclerosis, hypertension, and other nutrition-related diseases.

NUTRITIONAL NEUROSCIENCE

- Editor-in-Chief: Byron C. Jones, PhD
- Scope: *Nutritional Neuroscience* is an international, interdisciplinary, broad-based journal for reporting both basic and clinical research in the field of nutrition that relates to the central and peripheral nervous system. Studies may include the role of different components of normal diet (protein, carbohydrate, fat, moderate use of alcohol, etc.), dietary supplements (minerals, vitamins, hormones, herbs, etc.), and food additives (artificial flavors, colors, sweeteners, etc.) on neurochemistry, neurobiology, and behavioral biology of all vertebrate and invertebrate organisms. The journal serves as a forum for neuroscientists, nutritionists, neurologists, psychiatrists, and those interested in preventive medicine.

MATERNAL AND CHILD NUTRITION

- Co-Editors-in-Chief: Victoria Hall Moran, PhD and Rafael Pérez-Escamilla, PhD
- Scope: The scope of *Maternal & Child Nutrition* includes pre-conceptual nutrition, antenatal and postnatal maternal nutrition, women's nutrition throughout their reproductive years, and fetal, neonatal, infant, and child nutrition up to and including adolescence.
- Publication Frequency: Quarterly
- Acceptance Rate: 25%

GENES AND NUTRITION

- Co-Editors-in-Chief: Giuditta Perozzi, PhD, Fabio Virgili, PhD, and Jim Kaput, PhD
- Scope: *Genes and Nutrition* publishes original research articles and two types of review articles. First, reviews of preclinical research data coming largely from animal, cell culture, and other experimental models. Secondly, critical evaluations of human experimental data to help deliver products with medically proven use. This journal also serves as a forum for nutritionists, healthcare providers, and all those interested in preventive medicine. The following are examples of the specific areas that may be covered by the journal: the study of individual genetic differences in response to dietary components, the development of safe and effective diet therapies for individuals or subgroups of the population on the basis of nutrigenomic data, diet development and health outcomes from dietary patterns by defining specific sub-populations of patients, the development of models of disease mechanism based on understanding the genome, the study of physical and genetic

- Publication Frequency: Bimonthly
- Acceptance Rate: 23.6%
- Review Time: 5-7 days
- Publication Time: 3-6 months
- Publication Fee: Required open access publication fee \$1,390. Invited articles have no publication fee.
- Impact Factor: 3.451

- Publication Frequency: 12 issues published per year
- Acceptance Rate: 24.1%
- Review Time: 1.7 months
- Publication Time: 3 months
- Publication Fee: No fee for subscription publishing. Open access publishing fee \$3,000.
- Impact Factor: 3.318

- Publication Frequency: 10 issues published per year
- Acceptance Rate: 52%
- Review Time: 1-2 months
- Publication Time: 3-6 months
- Publication Fee: No fee for subscription publishing. Open access publishing fee \$2,950.
- Impact Factor: 3.313

- Review Time: 1.5-2.5 months
- Publication Time: Published online a few days after final acceptance
- Publication Fee: No fee for subscription publishing. Open access publishing fee \$2,200.
- Impact Factor: 3.233

- linkage maps combined with techniques to catalog massive databases of genetic information to uncover genes that may interact with diet to influence disease, interactions of diet and nutrition with genetic susceptibility to cancer, and gene-diet interactions in coronary heart disease.
- Publication Frequency: Continuous publishing upon acceptance
- Acceptance Rate: INA
- Review Time: 2 months
- Publication Time: 3 weeks
- Publication Fee: Required open access publication fee \$2,680.
- Impact Factor: 3.211

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APPETITE

- Editor-in-Chief: Suzanne Higgs, PhD
- Scope: *Appetite* is an international research journal specializing in cultural, social, psychological, sensory, and physiological influences on the selection and intake of foods and drinks. It covers normal and disordered eating and drinking and welcomes studies of both human and non-human animal behaviour toward food. *Appetite* publishes research reports, reviews, and commentaries. Thematic special issues appear regularly. From time to time the journal carries abstracts from professional meetings.
- Publication Frequency: Monthly
- Acceptance Rate: 29.6%
- Review Time: 2.8 months
- Publication Time: 3 weeks
- Publication Fee: No fee for subscription publishing. Open access publishing fee \$3,000.
- Impact Factor: 3.174

JOURNAL OF THE INTERNATIONAL SOCIETY OF SPORTS NUTRITION

- Editors-in-Chief: Jose Antonio, PhD, Richard Kreider, PhD, and Douglas Kalman, PhD, RD
- Scope: *Journal of the International Society of Sports Nutrition* focuses on the acute and chronic effects of sports nutrition and supplementation strategies on body composition, physical performance, and metabolism. The journal is aimed at researchers and sport enthusiasts focused on delivering knowledge about exercise and nutrition on health, disease, rehabilitation, training, and performance. The journal provides a platform on which readers can determine nutritional strategies that may enhance exercise and/or training adaptations leading to improved health and performance.
- Publication Frequency: Continuous publishing upon acceptance
- Acceptance Rate: INA
- Review Time: 5.8 months
- Publication Time: 1.7 weeks
- Publication Fee: Required open access publication fee \$2,145.
- Impact Factor: 3.135

FOOD POLICY

- Co-Editors-in-Chief: Mario Mazzocchi, PhD and Marc F. Bellemare, PhD
- Scope: The main focus of *Food Policy* is on the economic and social aspect of food policy, and it prioritizes empirical studies informing international food policy debates. Provided that articles make a clear and explicit contribution to food policy debates of international interest, the journal considers papers from any of the social sciences. Papers from other disciplines (e.g., law) are considered only if they provide a key policy contribution and are written in a style which is accessible to a social science readership.
- Publication Frequency: Bimonthly
- Acceptance Rate: 8.2%
- Review Time: 2.8 months
- Publication Time: 1.3 months
- Publication Fee: No fee for subscription publishing. Open access publishing fee \$1,600.
- Impact Factor: 3.111

OBESITY FACTS

- Editor-in-Chief: Hans Hauner, MD
- Scope: *Obesity Facts* publishes articles covering all aspects of obesity, in particular epidemiology, etiology and pathogenesis, treatment, and prevention of adiposity. As obesity is related to many disease processes, the journal also is dedicated to all topics pertaining to comorbidity and covers psychological and socio-cultural aspects as well as influences of nutrition and exercise on body weight.
- Publication Frequency: 6 issues published per year
- Acceptance Rate: INA
- Review Time: INA
- Publication Time: INA
- Publication Fee: Required open access publishing fee \$2,783. Fee for supplementary material \$343.
- Impact Factor: 3.108

FOOD REVIEWS INTERNATIONAL

- Editor-in-Chief: Richard W. Hartel, PhD
- Scope: *Food Reviews International* presents state-of-the-art technical reviews concerned with food safety, production, processing, acceptability, and nutritional values. Articles, written primarily by researchers and practitioners, examine the relationship of food and nutrition to health as well as the differing problems affecting both affluent and developing nations. Submissions other than technical reviews will not be considered for publication.
- Publication Frequency: 8 issues published per year
- Acceptance Rate: 9.9%
- Review Time: 4 months
- Publication Time: 3 months
- Publication Fee: No fee for subscription publishing. Open access publication fee \$2,950.
- Impact Factor: 3.100

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ANNALS OF NUTRITION AND METABOLISM

- Editor-in-Chief: Berthold Koletzko, MD, PhD
- Scope: *Annals of Nutrition and Metabolism* is a leading international peer-reviewed journal for sharing information on human nutrition, metabolism, and related fields, covering the broad and multidisciplinary nature of science in nutrition and metabolism. The journal focuses on human nutrition and metabolism and related areas, including experimental studies and basic science that can inform human nutrition science. The journal welcomes manuscripts describing observational and intervention studies as well as basic science reports on the topics of foods, diets, dietary supplements, nutrigenomics, and genetics related to energy metabolism as well as macronutrient and micronutrient metabolism including vitamins and minerals, biofunctional compounds, dietetics, obesity, clinical nutrition, social sciences, and health economy as related to nutrition, metabolism, and nutrition policy.
- Publication Frequency: 8 issues published per year
- Acceptance Rate: 15%
- Review Time: 2.9 months
- Publication Time: 1.4 months
- Publication Fee: Subscription publishing fee of \$380 per page over four pages, \$295 for supplementary material, and \$1,130 per page of color illustrations. Open access publishing fee \$3,530.
- Impact Factor: 3.051

EUROPEAN JOURNAL OF CLINICAL NUTRITION

- Co-Editors-in-Chief: Manfred James Müller, PhD and Mario J Soares, MD, PhD
- Scope: The *European Journal of Clinical Nutrition* is an international, peer-reviewed journal covering all aspects of human and clinical nutrition. The journal welcomes original research, reviews, case reports, and brief communications based on clinical, metabolic, and epidemiological studies that describe methodologies, mechanisms, associations, and benefits of nutritional interventions for clinical disease and health promotion.
- Publication Frequency: 12 issues published per year
- Acceptance Rate: INA
- Review Time: 1.5 months
- Publication Time: 3 weeks (online), 3 months (print)
- Publication Fee: Subscription publishing color illustration fee ranges from \$937 for one figure to \$239 for seven figures or more. Open access publishing fee \$3,300.
- Impact Factor: 2.954

JOURNAL OF NUTRITION, HEALTH & AGING

- Editor-in-Chief: John E. Morley, MD
- Scope: There is increasing scientific and clinical interest in the interactions of nutrition and health as part of the aging process. This interest is due to the important role that nutrition plays throughout the lifespan. This role affects the growth and development of the body during childhood, the risk of acute and chronic diseases, the maintenance of physiological processes, and the biological process of aging. A major aim of the *Journal of Nutrition, Health & Aging* is to contribute to the improvement of knowledge regarding the relationships between nutrition and the aging process from birth to old age.
- Publication Frequency: 10 issues published per year
- Acceptance Rate: 30%
- Review Time: 1.6 months
- Publication Time: 4 months
- Publication Fee: Subscription publishing page fee of \$328 per page over two pages. Color illustration fee varies. Open access publishing fee \$3,000.
- Impact Factor: 2.868

JOURNAL OF PEDIATRIC GASTROENTEROLOGY AND NUTRITION

- Editor-in-Chief: Hania Szajewska, MD
- Scope: The *Journal of Pediatric Gastroenterology and Nutrition* publishes original articles, special reports, review articles, rapid communications, case reports, letters to the editor, short communications, and commentaries on all aspects of pediatric gastroenterology, hepatology, pancreatology, and nutrition.
- Publication Frequency: 12 issues published per year
- Acceptance Rate: INA
- Review Time: 10 days for rapid review of certain articles
- Publication Time: 3-5 days for online publication
- Publication Fee: No fee for subscription publishing. Open access publishing fee \$3,000.
- Impact Factor: 2.752

NUTRITION & DIABETES

- Editor-in-Chief: Nikhil Dhurandhar, MD, PhD
- Scope: *Nutrition & Diabetes* is a peer-reviewed, open-access online journal publishing clinical, metabolic, genetic, and epidemiological studies that describe methodologies, mechanisms, and associations relevant to diabetes and other nutrition-related diseases. The journal also publishes papers focusing on the benefits of nutrition and lifestyle interventions and therapeutic trials in diabetes or related diseases for both clinical disease management and health promotion.
- Publication Frequency: 12 issues published per year
- Acceptance Rate: INA
- Review Time: 4.4 months
- Publication Time: INA
- Publication Fee: Required open access publishing fee \$865-2,790.
- Impact Factor: 2.752



Chair's Message

Ashley Vargas, PhD, MPH, RDN, FAND
RDPG Chair

Research DPG Members,

In 2019, the Research DPG is here to support you in many ways, all of which are accessed through the “Members Only” section of our website: <https://www.researchdpg.org/>

Keep up on current events, conversations, and funding announcements

Consider joining our Electronic Mailing List to participate in ongoing research-related conversations, find job announcements, and learn about research funding opportunities.

Learn about the future of our field from respected leaders

Watch our new webinar on “The Future of Dietetic and Nutrition Research” presented by leaders in the field.

Build your professional network and influence

Become a mentor or mentee in our highly sought-after RDPG Mentorship Program, and/or join our efforts on social media.

Add awards and grant funding to your CV

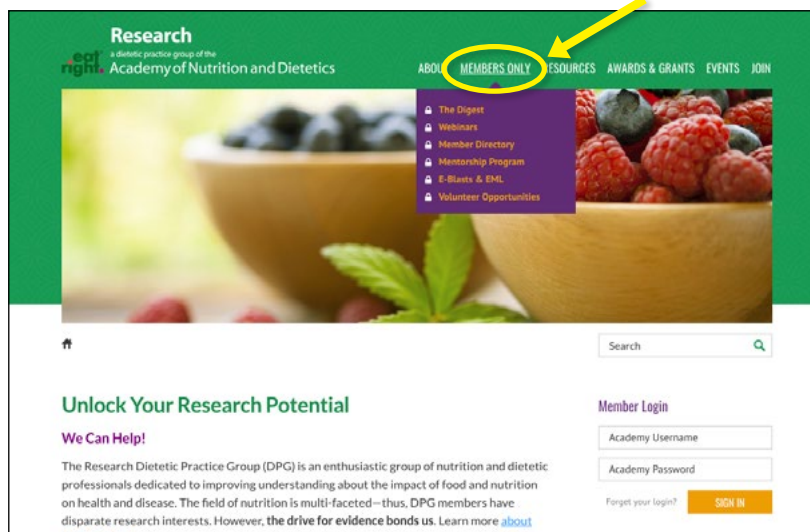
Apply for exclusive awards and grants only available to RDPG members.

Stay nerdy, my friends.

Best,

Ashley

Ashley J. Vargas, PhD, MPH, RDN, FAND
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Treasurer's Report



RESEARCH DPG BUDGET FOR 2018-2019

	<i>Item</i>	<i>Annual Budget (USD)</i>	<i>Year to Date as of December 31, 2018 (USD)</i>
Revenue	Membership Dues	23,320	13,207
	Grants/Contracts	27,338	16,460
	Meeting/symposium registration	0	470
	Donations/gifts	0	100
	Total	50,658	30,237
Expenses	Lodging	1,161	4,443
	Subsistence	320	413
	Transportation	550	2,161
	Professional/Consulting	1,670	0
	Postage	150	0
	Teleconferences	300	185
	Website Hosting	588	343
	Advertising/Promotion	1,125	0
	Depreciation	3,524	2,056
	Other Expense	9,000	350
	Member Dues & Seminar Fees	192	2,205
	Credit Card Processing Fees	350	350
	Outside Services	1,800	1,520
	Donations to AND Foundation	700	500
	Honorariums & Awards	13,633	12,100
	Audio Visual Services	0	0
	Food Service	11,151	5,053
	Printing & Copying Services	250	1,000
	Total	48,264	33,946
	OPERATING EXCESS – DEFICIT	2,394	-3,709

Reserve as of December 31, 2018: \$76,254

Reserve Percentage (reserve divided by expense budget)	$\$76,254 / \$48,264 = 158\%$
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RDPG Member Spotlight:

Robin M. Tucker, PhD, RD, FAND

Assistant Professor

Department of Food Science and Human Nutrition

Michigan State University

Please provide a description of your background (e.g., academic, research, and anything else you want to tell us). How did you get to where you are now?

It took me some time to find dietetics, but I got there in the end! I earned a bachelor's degree from Creighton University in Political Science. I worked for an environmental non-profit organization for several years and began thinking about what I really wanted to do with my life. I had always been interested in nutrition and exercise and started researching the education and training needed to become a dietitian. Thankfully, Cal State, Los Angeles, was willing to take a chance on a poli sci major and let me enroll! I took all of the undergraduate prerequisites and completed my Master's degree and dietetic internship. I started as a clinical dietitian working in oncology and then moved to nutrition support and outpatient counseling. I started to think about how great it would be to talk to people BEFORE they got sick, so I transitioned to public health. I supervised the chronic disease prevention programs at a county health department in south-eastern Arizona. This job was great – lots of different programs – everything from WIC to home visitation to smoking cessation. I thought I wanted to earn a doctorate so that I would be able to evaluate the public health programs I was supervising, but once I got to Purdue University, Rick Mattes changed my mind. He opened my eyes to the field of ingestive behavior. After graduate school, I worked at Bowling Green State University and then moved to Michigan State where I currently conduct research as well as teach medical nutrition therapy and advanced clinical nutrition. I have thoroughly enjoyed every step in my career path.

Summarize your current research.

Broadly speaking, I'm interested in ingestive behavior, which is just a fancy term that means I'm interested in what people eat and how they make those choices. In graduate school, I studied how differences in taste perception influenced dietary intake and body weight. Recently, I have been exploring how sleep affects ingestive behavior. Spoiler alert: not getting enough sleep leads to bad dietary decisions. People select foods and beverages that are higher in sugar and fat. I'm interested in why that happens and what we might be able to do to counteract those effects. I'm not advocating skimping on sleep; I'm just realistic and know that we all have nights that are not optimal. I am also interested in how first-year university students' body composition changes over time. Fellow RDPG member, Mary-Jon Ludy, sparked my interest in this topic when we worked together at Bowling Green State University. These first-year student projects are a great way to introduce undergraduate students to research. This is another passion of mine, and it provides a meaningful experience to develop new skills. Mary-Jon is the master!

How did you become involved/interested in your current line of research?

We all sleep and eat! I got interested in sleep when I realized that it affects both sides of the energy balance equation. Insufficient sleep influences both energy intake and energy output, but I feel that dietitians have largely ignored the importance of sleep. I never asked about sleep when I practiced. I'm trying to spread the word that there are simple and effective things patients can do to improve sleep duration and quality. We can share practical tips with patients to improve blood sugar, blood pressure, obesity, and inflammation – just to name a few.

What advice would you give to a young researcher for developing a successful line of research?

Find a great mentor. Practice grant writing. Find something you are passionate about because there are times where you will be discouraged – papers and grants get rejected. If you love what you study, that can help you get through the tough times.

What are your career goals?

To continue doing what I'm doing. I love research, and I love working with students. I love being the first person to know something or do something. I love solving challenging problems.

How has your affiliation with the Academy impacted your career progression?

As dietitians, I think we are keenly aware of how research can be used to help people. My research is very translational, very applied. My work with the RDPG has given me an opportunity to meet people and develop leadership skills that will serve me well in future endeavors.

If someone were to ask you to explain why research is important to the field of dietetics, what would you say?

Research provides the evidence for our evidence-based care. There are a lot of ideas and concepts that are repeated over and over that actually have very little evidence to back them up. I think it is critical that more dietitians are involved in the research that provides the foundation for our field. If I can help that happen by training future nutrition researchers and professionals, I will consider that a tremendous success.



RDPG Student Spotlight:

Kevin Klatt, PhD

Dietetic Intern

National Institutes of Health

Please list your research interests.

My research has largely focused on nutrition and metabolism in the context of reproductive physiology, with much of the focus on lipid and one-carbon metabolism.

My research has aimed to use multiple model systems (e.g., cell culture, animal models, and human feeding trials) coupled with stable isotope techniques to enhance our understanding of nutrition science.

I also have more recently become interested in ex-vivo nutrient requirements (i.e. nutrient needs of cultured embryos and stem cells).

Please describe your path (i.e., education, work experience, etc.) that led you to pursue a degree in nutrition and/or nutrition research.

My interest in nutrition began in high school following the loss of a significant amount of weight. I went to an undergrad school that, unfortunately, did not offer a nutrition and dietetics program, so I majored in biological anthropology. While not intentional, this ended up being a great way to get a very broad background in biocultural perspectives on humans and has tied in nicely with my nutrition research career. My undergrad courses in bio anthropology transferred as pre-requisites and enabled me to pursue both the registered dietitian credential and advanced studies in metabolism. I completed one year of DPD coursework at Drexel University and then completed my PhD in Molecular Nutrition at Cornell University's Division of Nutritional Sciences.

My interest in research began late in my undergraduate training, as I grew frustrated by the seemingly never-ending tribalism about diet but knew that I didn't have the research skills to adequately assess the evidence and fully understand why there

was such apparent controversy. I actually went into research to better understand how to read and interpret the data and happened to fall in love with doing research along the way.

What is the focus of your graduate work? Please describe one or two highlights of your research career thus far.

My graduate work focused on better understanding the interactions among one-carbon, phospholipid, and fatty acid metabolism. One-carbon nutrients, like choline, are major methyl donors that supply the methyl substrates that influence the production of phospholipids, such as phosphatidylcholine. Phosphatidylcholine (and lysophosphatidylcholine) contain fatty acids in their structure, and the unique fatty acid structure of these molecules has emerged in the past year to strongly dictate their physiological importance. One phosphatidylcholine, enriched in lauric acid (dilauroylphosphatidylcholine; DLPC), was identified as a potent ligand for the orphaned nuclear receptor, liver receptor homolog-1 (LRH-1) but had not been seen in in vitro or in vivo systems. A large part of my dissertation was showing that provision of lauric acid (in the cell culture media or mammalian diet) can result in the endogenous production of DLPC and is associated with LRH-1 activation across cell lines, in mouse models, and in a controlled human feeding study. This manuscript is currently wrapping up, and we hope to publish soon. It also has led to interesting collaborations investigating the potential of lauric-acid containing oils in pathophysiological states where LRH-1 activation may be beneficial.

Another major component of my dissertation was exploring the interaction

between dietary choline and omega-3 fatty acid metabolism. We are currently undertaking a human randomized controlled trial of choline supplementation during pregnancy to assess its effects on omega-3 availability, and have some interesting preliminary data from post hoc data that demonstrates increasing dietary choline may increase omega-3 fatty acid status in individuals with low status.

What are your plans for the future (e.g., academia, government, and/or industry)?

I hope to secure a position that will be primarily research oriented, either a government position or non-tenure track position in an academic environment. I am keeping an open mind though, as most of my five-year plans fall apart quite quickly! What I want most is to conduct research in an environment with a healthy incentive structure that facilitates doing the best quality research.

Do you have any advice or words of wisdom to share with students interested in the nutrition field?

To any student not sold on research yet, I'd say give research a chance. When I was 19, an adviser told me "you're going to be a researcher one day." I remember having an almost viscerally negative response to this suggestion, thinking that I wanted to be a dietitian/clinician. What I didn't realize at the time was that my passion for reading everything I could about nutrition and metabolism and trying to figure out what we think we know and what we have no clue about was the hallmark of a researcher. Even if your goal is to be a clinical, community, or food service dietitian, there is going to be evolving

(Continued on page 14)

research that is the basis of your practice - there's no better way to understand that evidence than by working in a research setting, even for a short while. Research looks great on a resume!

For students who plan to make research their career, my advice is to network and collaborate. In the current research climate, it's essential to pool both technical skills and resources to tackle the interdisciplinary science that is going to advance the field. This might involve going outside of your comfort zone or direct area of expertise at the moment, but it'll make for an intellectually rewarding experience.

List any published work, if applicable.

Klatt, KC, Ganz, AB, Caudill, MA. Common Genetic Variants Alter Metabolism and Influence Dietary Choline Requirements. *Nutrients*. 2017, 9(8):837.

King, J, Kwan, S, Yan, J, Klatt, KC, Jiang, X, Roberson, M, Caudill, M. Maternal Choline Supplementation Alters Fetal Growth Patterns in a Mouse Model of Placental Insufficiency. *Nutrients*. 2017, 9(7):765.

Zeisel, S, Klatt, KC, Caudill, MA. Choline. *Advances in Nutrition*. 2018, 9(1):58-60.

Klatt, KC, May, T, Smith, J, Castro, E, Manary, M, Caudill, MA, Jahoor, F, Fiorotto, ML. Choline Supplementation Prevents a Hallmark Disturbance of Kwashiorkor In Weanling Mice Fed a Maize Vegetable Diet: Hepatic Steatosis of Undernutrition. *Nutrients*. 2018, 10(5).

Wallace, TC, Blusztajn, JK, Caudill, MA, Klatt, KC, Natker, E, Zeisel, SH, Zelman, KM. Choline: The Underconsumed and Underappreciated Essential Nutrient. *Nutrition Today*. December, 2018, 53(6): pp. 240-253.

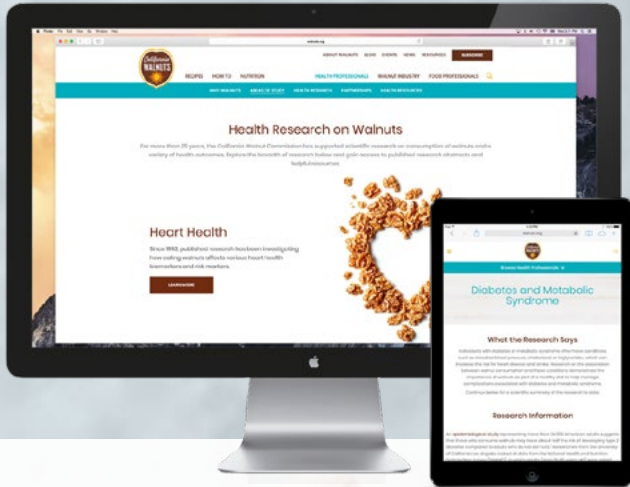
Klatt KC, Caudill MA. Pressing the trimethylamine N-oxide narrative. *AME Med J*. 2017, 2:132.

Klatt, KC, Caudill, MA. (2018) Choline, Folate, Vitamin B12, Vitamin B6. *Biochemical, Molecular, and Physiological Aspects of Human Nutrition*. 4th ed. St. Louis, Missouri. Elsevier, Inc.

Ongoing trials:

NCT03194659 - Synergy Between Choline and DHA

NCT03481608 - The Effect of Dietary Lauric Acid on the Production of the LRH-1 Ligand, Dilauroylphosphatidylcholine (DLauricPC)



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Start Exploring Here



A Few Minutes with a Previous Chair of the Research Dietetics Practice Group, Dr. Karen Kubena, PhD, MS, RD

By Ingrid E. Lofgren

Dr. Karen Kubena is staunch supporter and mentor of people involved in food and nutrition from new students to young professionals to mid-level career academics. She has used her passion and motivation to serve the discipline, especially in the field of nutrition and dietetics research. Dr. Kubena is a long-time member of the Research Dietetics Practice Group (RDPG), joining the year multiple practice groups combined to become the RDPG in 1984-1985. She quickly got involved and was (and remains) an active RDPG member. Dr. Kubena was chair-elect from 1992-1993 and served as chair from 1993-1994. She also served the RDPG by being on committees such as the Awards Committee for Innovative Research, Awards Committee for Published Paper, and Nominating Committee.

In addition to her work with the RDPG, Dr. Kubena is currently a full professor and Director of the Honors Program in Nutritional Sciences in the Department of Nutrition and Food Science at Texas A&M University. And those are just her current "hats"! Dr. Kubena has worn multiple hats and led multiple groups since starting at Texas A&M in 1979 as a Lecturer in the Department of Animal Science. Dr. Kubena also has served as the Program Director for the Undergraduate Program in Dietetics, the Director of the Combined Graduate De-

gree-Dietetic Internship program, a Section Leader of the Human Nutrition Section, the Associate Dean for Academic Affairs for the College of Agriculture and Life Sciences, and the Assistant Deputy Vice Chancellor for Intercollegiate Academic Programs in Agriculture.

From this list of positions, one can see that one of Dr. Kubena's primary hats over the years has been administration within Texas A&M beyond nutrition and dietetics. However, Dr. Kubena used this out-of-the-box situation and training to meet other persons at the university and learned from them. Through these interactions at multiple levels of administration, Dr. Kubena added to her network and became a Thought Leader to promote the field of nutrition, especially nutrition research. As an associate dean for 12 years, she was part of the task force that built the new Department of Nutritional Sciences at Texas A&M. Her administrative connections were very important after the new department was formed as Dr. Kubena helped grow the department, mentored the students and faculty, developed shared academic programs, and helped to coordinate resources and initiatives. Dr. Kubena's efforts within and outside of nutrition have been recognized by local and national leaders. She has won the Academy's Excellence in Dietetic Education Award for Didactic Programs in Dietetics (Area IV), the Texas Dietetic Association's Dietetic Educator of the Year Award for Didactic Programs in Dietetics, and the National Association of State Universities and Land Grant Colleges Board's Outstanding Service Award.

How did you decide on your career?

As an undergraduate at the University of Wisconsin-Madison, Dr. Kubena knew she wanted to work in nutrition; it was the only major that interested her. She went on to do her dietetic internship at the Veteran's Administration Hospital and Texas Medical Center in Houston. After receiving her Master's of Science in Nutrition at Mississippi State University, Dr. Kubena knew she really enjoyed and flourished in an academic setting. Soon after starting her PhD at Texas

A&M College Station, she went to a seminar on vitamin D and just "fell in love." It was this mix of nutrition and research that really spoke to Dr. Kubena and decided for her what her career trajectory would be. And being on the faculty at a university was important so she could help enhance the scientific education of dietitians during their formative years in college.

What about the RDPG interested you?

When Dr. Kubena was between her PhD and Master's, she was a consultant, she taught a community nutrition class, and she was a director at a small community hospital. During this time, Dr. Kubena figured out that nutrition research was a better fit for her than clinical dietetics. However, she was the only RD on the Texas A&M faculty, and she wanted mentorship and guidance in research. After joining the RDPG, Dr. Kubena networked with other members and found the networking was important and very helpful. In addition, she received the support she was looking for in regards to guidance around human research that complemented her research with animal models.

How has the field of dietetics/nutrition changed over time?

When Dr. Kubena first entered the dietetics field, women had very little choice in terms of jobs and where they could do those jobs. At one point when she inquired about medical school, Dr. Kubena was told by the program's administrative assistant, "Oh my dear, we don't admit women." It was almost like employers didn't know what to do with RDs outside of the traditional jobs. However, in her internship class, three classmates went into the NASA-Gemini program, and another went on to become the head of the statewide school meal program in Louisiana. Dr. Kubena has seen the limited list of opportunities for food and nutrition experts open up and expand into uncharted waters: "The expansion for dietetics has been phenomenal!" "Women's lib" was also a major stimulus which could be said of many fields that were heavily dependent on women at that time.

(Continued on page 16)



Dr. Karen Kubena, PhD, MS, RD

How have dietetics/nutrition research topics changed over time?

When Dr. Kubena became a registered dietitian and got involved in nutrition research, the research tended to focus more on hospital dietetics and some food service. However, over time, nutrition research has expanded more into topics like community nutrition initiatives. And over this time, the impact factor of the Journal of the Academy of Nutrition and Dietetics has increased, and other health care professionals like doctors are reading nutrition research. As an educator and dietitian, "High quality research is a source of pride for me."

What are "hot topics" in dietetics/nutrition research now?

Pregnancy/Reproductive Health: What is the impact of pre-pregnancy and pregnancy on the fetus and child?

Personalized Nutrition Using Genomics: This has the potential to revolutionize dietetics and medicine.

Specific Aspects of Cancer Prevention: With much of the focus on cancer treatment, there is huge growth potential for instrumentation and pharmaceuticals that can prevent cancer.

What do you see as the biggest challenge in dietetics/nutrition research today?

Changing the mindset of the population. Many people still think that they can eat anything, and it won't impact them because they view themselves as healthy. People downplay their risk of developing chronic disease, and that is a challenging mindset to change. So while research can provide evidence for healthier dietary patterns, convincing the public to make changes is a whole different story.

How do we interest more dietitians/nutritionists in research?

Identify students who have promise in the field – we can approach them and see if there are possible barriers and help them

overcome those barriers. A research assistantship provides that experiential learning during which students can see if they have the research "bug" – that spark that makes you want to know why something happens.

In closing

Dr. Kubena is dedicated to enhancing the education and training of dietetics professionals. She feels the RDPG is especially helpful in providing nutrition researchers a network that can guide and mentor, especially for those who do not have a community of nutrition researchers with whom they are already connected. It was this network that Dr. Kubena found so helpful in her own growth and training and what she thinks up-and-coming dietitians can take advantage of while members of the RDPG.



Letter from the Editor

Tricia Psota, PhD, RDN

Hello RDPG members!

I'm writing to let you know that I always welcome your ideas for articles for *The Digest*. Our peer-reviewed newsletter is a member benefit; thus, we want to ensure our members view it that way. I would love to hear about your areas of interest and/or "new to you" topics about which you'd like to learn.

We are currently seeking research articles from dietitians and dietetic students/interns. As a reminder, RDPG members who submit an article that is accepted, receive a \$200 stipend. Students who submit articles learn about the publication process in a supportive environment. If you or any RDPG member(s) you know do not have research findings to publish but would like to write an article or series of articles on a particular topic (e.g., research methodology, utilizing NHANES, or conducting a systematic review), please let me know!

If you have any questions, comments, and/or referrals for authors or article topics, please submit them to tricia@triciapsota.com.

Thank you!
Tricia Psota, PhD, RDN

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