Established in 1928, the American Society for Nutrition (ASN) is the premier research society dedicated to bringing together the world’s top researchers and clinicians to advance our knowledge and application of nutrition science. Members of ASN receive benefits ranging from free access to the top peer-reviewed journals in the nutrition and dietetics category to reduced registration rates for topical meetings and conferences. Take advantage of the following ten ways that ASN can advance your career by becoming a member today!

1. **Cutting-Edge Scientific Programming**
   - ASN Scientific Sessions & Annual Meeting at Experimental Biology is an interdisciplinary, scientific meeting, bringing together over 15,000 scientists from throughout the world.
   - The annual Advances and Controversies in Clinical Nutrition is designed to communicate significant, cutting-edge advances in nutrition research, and to stimulate discussion on emerging topics that impact human health.

2. **Top Ranked Publications**
   - ASN members receive free online access to The American Journal of Clinical Nutrition (AJCN), The Journal of Nutrition (JN), and Advances in Nutrition (AN).

3. **Reduced Registration Rates**
   - Members receive reduced conference registration rates to Experimental Biology (a $165 savings), Advances and Controversies in Clinical Nutrition ($100 off), and co-sponsored meetings throughout the year.

4. **Reduced Publication Fees**
   - Members receive discounted print subscriptions, page charges and waived manuscript submission fees. Additionally, ASN members are eligible to receive our partner publication, Nutrition Today, at a 58% discount off of the regular subscription rate.

5. **Educational Resources**
   - ASN’s online educational portfolio contains podcasts, author videos, recorded webinars, videotaped conference sessions, blog entries and more.

6. **Membership in FASEB**
   - You receive a variety of important additional benefits through ASN’s membership in the Federation of American Societies for Experimental Biology (FASEB). This includes access to FASEB’s Legislative Action Center, subscription discounts for The FASEB Journal, online access to the FASEB Member Directory and career development resources.

7. **Networking Opportunities**
   - All members are eligible to join one of our 18 Research Interest Sections (RIS). The RIS are communities designed to provide a mechanism for topic-specific discussion regarding nutrition research and practice. Additionally, members are encouraged to join one or more of the following Scientific Councils: Medical Nutrition, Global Nutrition, and Nutritional Sciences.

8. **Nutrition Research Support**
   - ASN is your voice and is committed to increasing the investment in nutrition research. We make it our mission to provide our members with the information and resources necessary to seize a seat for nutrition research.

9. **Awards and Recognition**
   - In recognition of our member’s professional accomplishments, ASN honors scientists, clinicians and scholars for significant achievements in nutrition research and practice. The program grants over $452,000 in scientific awards, student grants, travel awards and honorees.

10. **Global Connections**
    - ASN is a global organization that enables its members to form relationships with top nutrition researchers throughout the world. ASN is the US-Adhering Body to the International Union of Nutritional Science.
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Perspectives, including:
Sugar sweetened beverages and health; hemodynamic mechanisms

Reviews, including:
- 100% Fruit juice and health
- Snacking recommendations
- Omega-3 fatty acids, fetal growth and cardiovascular risk
- Curcumin and cognitive decline
- Bariatric surgery and bone health

Reviews from ASN Annual Meeting 2017, including:
- Controversial issues in the Dietary Guidelines for Americans
- Obesity interventions for older adults

Nutrient Information:
- Xanthophylls