



Dietetics—A New Open Access Journal

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Food is inarguably a vital key to our survival as humans. Throughout history, civilizations have prospered or declined as the result of farming, agriculture, and the availability of food. Now more than ever throughout the world, people have increased access to a variety of food for themselves and their families. However, this era of abundance has come at a great cost, impacting the health and quality of life of a vast majority. The prevalence of chronic disease conditions such as obesity, heart disease, hypertension, type 2 diabetes, and many types of cancers, all have modifiable risks that stem from poor nutrition practices.

The field of dietetics is a leading force in tackling health issues across the human lifespan from pediatrics to gerontological nutrition, disease prevention and management, and everything in-between. Registered Dietitians/Nutritionists (RDNs) rise up to meet the global dynamics of diversity and the nutritional challenges of cultural influence, providing expertise and guidance that support positive health outcomes. As we move forward into the future, the need for credentialed health care professionals such as RDNs will continue to be in high demand. *Dietetics* [1] will remain an essential element in the translation and communication of findings from the scientific community and bridging the gap between the science of nutrition and the real-world practice of healthy eating.



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Reference

1. Dietetics. Available online: <https://www.mdpi.com/journal/dietetics> (accessed on 23 March 2022).

Short Biography of Author



Bahram H. Arjmandi is currently a Professor in the Department of Nutrition and Integrative Physiology at Florida State University, where he previously served as Department Chair for 8 years and is the Director of the Center for Advancing Exercise and Nutrition Research on Aging at Florida State University. Dr. Arjmandi is a Registered Dietitian who received his PhD from the Department of Human Nutrition at Kansas State University, where he studied the effect of soluble fiber on sterol synthesis and later completed his postdoctoral work in the area of estrogen and bone physiology at the University of Texas Health Science Center. His current research activities include investigating the role of functional foods and dietary supplements in preventing and improving chronic diseases associated with aging, including osteoporosis, osteoarthritis, cardiovascular disease, diabetes, and cancer. He was one of the first investigators to provide evidence for estrogen receptors in the gut to aid in calcium transport and to demonstrate the efficacy of dried plum in protecting bone in both animal models of osteoporosis and postmenopausal women. He has published more than 150 peer-reviewed original research articles. He has received numerous recognitions for his scholarly research, including the Abbott Nutrition Award in Women's Health from the Academy of Nutrition and Dietetics, the 2012 Dr. Edward J. Masoro Distinguished Alumnus Award from the University of Texas Health Science Center, the Margaret Scruggs Award for Meritorious Research and the Regents Distinguished Research Award at Oklahoma State University, and the Outstanding Alumni from the College of Human Ecology at Kansas State University. He has received grants from USDA, NIH, NASA, state agencies, industry, and commodity boards to support his research and has also served as a panel member for NIH and panel member and panel manager for USDA/NRI.