



Medical Students



American Society for Nutrition
Excellence in Nutrition Research and Practice
www.nutrition.org

The American Society for Nutrition (ASN) is a dynamic home for medical students who are interested in nutrition and related medical disciplines. ASN has over 4,800 members, and provides a variety of programs for its student members—who account for about 20 percent of total membership. ASN strives to increase the role of nutrition in medical education, practice and research. One way ASN accomplishes this goal is by providing a unique combination of experiences to medical student members.

MEMBERSHIP BENEFITS FOR MEDICAL STUDENTS

- 12 months of membership for only \$35
- As a medical resident, 12 months of membership for only \$60
- Access ASN's leading journals that focus on preventive, therapeutic, international and community-based nutrition science and translational models
- Awards and travel grants
- Information on employment, grant, scholarship and internship opportunities
- Receive *Nutrition Today*, an official ASN partner publication, at a 58% discount off of the regular subscription rate
- Connect with mentors who are experts in clinical and translational nutrition
- Multimedia resources including podcasts, author videos, recorded webinars, videotaped lectures and more
- Blog for ASN at www.nutrition.org
- Joint efforts with the American Association of Medical Colleges, American Medical Student Association, and other organizations

Please note that you must be a student at an accredited institution to become an ASN member. Additional details are available at www.nutrition.org/join or by emailing mem@nutrition.org.

ADVANTAGES AT-A-GLANCE

• Special Programs for Medical Students

Clinical Nutrition Internships

The internship program matches medical students with ASN member mentors for eight-week rotations focused in clinical nutrition in U.S. medical schools or hospitals. In addition to the exposure to both clinical and academic aspects of nutrition, interns receive a \$2,500 stipend.



Clinical Emerging Leaders Awards

The Clinical Emerging Leaders awards recognize medical students and trainees who have completed substantive research in nutrition; winners are eligible for stipends of \$1,250.

• Clinical Nutrition Research & News

An emphasis on medical applications for nutrition research runs throughout ASN's member communities. The Medical Nutrition Council (MNC) is one of ASN's three Scientific Councils. The MNC serves as the Society's primary mechanism for disseminating clinical nutrition knowledge; promoting policies to prevent and treat nutrition-related diseases; training health professionals; and monitoring national dietary and disease trends. MNC members, including medical students, receive an exclusive bi-monthly newsletter tracking clinical nutrition and research news.



Many of ASN's fifteen Research Interest Sections also feature a translational approach that reinforces the work of the MNC. Through Sections such as Aging and Chronic Disease, Obesity, Diet and Cancer and Nutritional Immunology, ASN promotes knowledge exchange and the advancement and application of nutrition science in patient settings.

"As a medical student, ASN is particularly invaluable to me because I am engaged in a community that recognizes and promotes the intimate relationship between nutrition and medicine. ASN has elevated the status of nutrition science as a powerful force in public health and, more importantly, in clinical practice. Access to a network of the brightest minds in nutrition reminds me how valuable the ASN is to a young professional like myself."

—Elizabeth Ko, MD
Former University of Miami Medical Student

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ASN Student Membership:
Only \$35 a year!
Visit www.nutrition.org/join

ASN ADVANTAGES: Medical Students

Today physicians, nutrition researchers and others working in health care are faced with the daunting fact that most deaths are caused by complex diseases with many factors. Many diseases have strong links to dietary habits and nutritional status. In fact, seven of the ten major causes of death in the U.S. are significantly influenced by dietary factors, as are several major causes of morbidity. ASN fosters multidisciplinary research activities that address these important issues, as well as professional development programs that help train the next generation of medical nutrition researchers and practitioners.

• Student Interest Group (SIG)

ASN's **Student Interest Group (SIG)** focuses on student-specific activities that assist you in gaining the most from your education. SIG programs such as the yearly Special Session at EB, Networking Hour with the ASN Fellows, Graduate Student Breakfast and Speed Mentoring help you prepare for post-degree success.

Members of the SIG also work as liaisons with other committees in ASN to provide student perspective in all Society efforts across education and professional development, public affairs, and publications. The SIG is a great channel to learn of activities, conferences, and symposia designed for students. ASN and the SIG also offer numerous different travel and scientific awards specifically for student members.

• Medical Nutrition Programming

Medical students especially benefit from engaging with established professionals about career advancement, emerging research and more during our educational programs. *Advances and Controversies in Clinical Nutrition*, ASN's annual clinical conference, features interactive lectures led by expert speakers in clinical nutrition. The conference is designed to communicate significant advances in nutrition research and to stimulate discussion on emerging topics that impact human health. *The ASN Scientific Sessions & Annual Meeting at Experimental Biology* also features medical nutrition programming. EB is an interdisciplinary meeting, bringing together over 14,000 physicians, scientists and other professionals in the life sciences from throughout the world. EB is the place for symposia, oral and poster sessions, career services and networking.



MEDICAL SPECIALTIES LINKED TO NUTRITION

- **Obesity:** weight management, bariatric and metabolic surgery
- **Cardiology:** diet and atherosclerotic disease, cardiac cachexia, lipid disorders
- **Endocrinology:** diabetes, osteoporosis, metabolic syndrome
- **Gastroenterology:** digestive diseases, malabsorption, liver disease
- **Nephrology**
- **Oncology:** diet and cancer, palliative care
- **Critical care:** parenteral and enteral nutrition
- **Obstetrics and gynecology**
- **Pediatrics:** growth and development, food allergies
- **Geriatrics**
- **Sports medicine:** exercise in health and disease
- **Public and community health**
- **International medicine**
- **Internal medicine and family practice**



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