

Assessing dietary patterns in development, health, and disease:

Identifying dietary patterns that promote weight control and reduce risk of chronic disease is a key focus of nutrition research at USC. Effects of diet on health and accurate measurement of dietary behavior and monitoring nutritional status are foundational challenges in understanding and evaluating nutrition's impact on health.

Current novel research efforts at USC include understanding:

- i. promotion of healthy and sustainable diets to reduce chronic disease
- ii. dietary approaches that do not require dietary self-monitoring, such as the vegan and vegetarian diets
- iii. discovering ways to help people eat healthier, lose weight, and prevent chronic disease
- iv. Quantitative evaluation of consequences and determinants of nutrition status
- v. Nutritional assessment for epidemiologic studies
- vi. Development of methods to study nutritional assessment
- vii. DIDACTIC: Dissemination and Implementation of a Diet and Activity Community Trial in Churches
- viii. Inflammatory Potential of Diet and Risk of Cancer Mortality in Women
- ix. Developing the Dietary Inflammatory Index for Clinical Application
- x. Vitamin D and Related Genes, Race and Prostate Cancer Aggressiveness
- xi. Diet and Activity Community Trial: High-Risk Colon Polyps
- xii. Dietary Inflammatory Index and Risk of Breast and Colorectal Cancers
- xiii. Role of Genetic and Dietary Factors in Breast Cancer Risk: Study of a Population in Demographic Transition
- xiv. Epigenetics and Diet in the Carcinogenesis Process
- xv. A Documentary Film About the Implementation of the Right Choice, Healthy Start Farmers Market