

EVIDENCE ANALYSIS CENTER

Turning nutrition evidence into trusted, actionable guidance

Evidence



Synthesis



Recommendations



Implementation



Impact

What Is the EAC?

The Evidence Analysis Center (EAC) is the Academy of Nutrition and Dietetics' scientific center for evidence synthesis and evidence-based nutrition practice. It conducts rigorous scoping reviews, systematic reviews, and guideline development to support high-quality nutrition care and advance the profession.

What Does the EAC Do?

The EAC synthesizes the best available research to answer important nutrition and dietetics questions, producing:

- Scoping reviews
- Systematic reviews
- Evidence-based nutrition practice guidelines
- Other evidence synthesis products

Why It Matters

Nutrition research is growing rapidly, but evidence can be complex, inconsistent, and hard to translate into practice. The EAC applies rigorous, transparent methods to determine what the evidence shows, how certain we can be, where gaps remain, and what the findings mean for practice.

How the EAC Ensures Rigor

EAC projects use predefined research questions and eligibility criteria, comprehensive literature searches, structured data extraction, and critical appraisal of risk of bias. Guideline development incorporates established approaches such as GRADE and Evidence-to-Decision frameworks.

Who Works on an EAC Project?

EAC projects bring together methodologists, project managers, medical librarians, evidence analysts, and multidisciplinary subject-matter experts. Patients and consumer advocates may also contribute — combining methodological rigor with real-world clinical relevance.

From Evidence to Impact

EAC work doesn't stop at synthesis. Dissemination and implementation resources help practitioners translate evidence-based recommendations into everyday nutrition care, and the EAC collaborates with professional organizations, government, and scientific partners to expand its reach.

We bring together rigorous evidence synthesis, scientific methodology, and real-world nutrition expertise to turn complex evidence into trusted knowledge that advances nutrition care and improves health.

Learn more or get involved: andeal.org | Academy of Nutrition and Dietetics