

Special Issue

Food and Nutrition and New Dietary Trends for Human Health

Message from the Guest Editors

Nutrition is one of the key factors influencing human health, starting from birth. Although consumers generally know the basic rules of healthy eating, in practice, few people follow this knowledge when shopping. Meanwhile, new food assortments are being introduced to the market, such as those with reduced sugar or salt, which makes it possible to reduce their consumption. In addition, more and more people are deciding to change their usual diet, seeing it as a way to prevent obesity and other diet-related diseases. While, for example, a properly implemented plant-based diet is considered by scientists to be a health-promoting nutrition model, many other diets popularized in the media by celebrities are controversial. In this Special Issue, we encourage authors to submit articles on food or its components (both with nutritional and physiological effects) and to publish research on new dietary trends and their health effects.

Guest Editors

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Deadline for manuscript submissions

closed (30 September 2024)



Applied Sciences

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 5.5



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Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal Applied Sciences has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

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