

Special Issue

Diet, Nutrition and Human Health

Message from the Guest Editors

The World Health Organization states that a healthy diet may help protect against malnutrition in all its forms, as well as noncommunicable diseases (NCDs), including diabetes, heart disease, stroke, and cancer. However, the quantities, proportions, variety, and combinations of different foods in diets, as well as food processing and modern methods of functional food production, have led to a shift in human dietary patterns. This Special Issue of "Diet, Nutrition, and Human Health" on "Food Science and Technology" will be dedicated to new perspectives on the intricate relationships among dietary patterns, nutritional intake, nutrient function, and human health outcomes. The topics discussed in this Special Issue will not only seek to bridge the gap between nutrition science and food technology, but will also provide a comprehensive platform for research that can enhance our understanding of how food and nutrient consumption, dietary patterns, functional foods, and nutraceuticals impact human health, as verified by their properties in animal or human studies.

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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.

Editor-in-Chief

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