

## Special Issue

# Assessment of Food and Nutrition: Theory, Methods and Applications

### Message from the Guest Editors

Globally, the triple burden of malnutrition co-exists and is on the rise. Although enough food is produced in many countries, access to adequate nutritious foods, unhealthy food environments and poor dietary behaviors remains a problem. Good nutrition is critical for optimal health, growth, and development, especially in vulnerable population groups. Thus, it is important to determine the types and quality of the foods consumed and whether these foods meet nutritional requirements. This Special Issue invites you to submit reviews or original research on the assessment of food and nutrition. The research presented in this Special Issue could possibly aid in the development food security and nutrition policies and better equip healthcare professionals to provide appropriate nutritional advice to vulnerable individuals and population groups.

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### Guest Editors

Dr. Laurencia Govender  
Dr. Lize Havemann-Nel  
Dr. Kirthee Pillay

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### Deadline for manuscript submissions

closed (20 July 2023)



## Applied Sciences

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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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### Editor-in-Chief

Prof. Dr. Giulio Nicola Cerullo  
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