

Special Issue

Dietary Patterns and Public Health

Message from the Guest Editors

In recent decades, the importance of risk factors related to lifestyle has been established in the prevention of non-communicable diseases, the most prevalent and expensive pathologies for health systems. Diet is one of the main modifiable risk factors. It has been widely shown that following a Western diet, characterized by increased consumption of foods rich in saturated fatty acids, sugars, and sodium and decreased consumption of fruits, vegetables, legumes, whole grains, and other nutrient-rich foods, produces several adverse health effects. This situation has led governments and health institutions to join efforts to increase the promotion of healthy dietary patterns such as the Mediterranean or DASH diets, and to make the population aware of the relevance of improving their diet. This Special Issue aims to provide and disseminate evidence that could provide a better understanding of current issues related to nutrition and, specifically, dietary patterns, focusing on research, public health policies, and their practical implementation. We welcome original research articles, reviews and meta-analyses.

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