



Healthy Eating and Food Safety

Guest Editors:

Dr. Jerzy Bertrand

Faculty of Economic Sciences,
John Paul II University of Applied
Sciences in Białą Podlaska, 21-
500 Białą Podlaska, Poland

Dr. Anna Maria Anyżewska

University of Economics and
Human Sciences in Warsaw,
Okopowa 59, 01-043 Warsaw,
Poland

Deadline for manuscript
submissions:

closed (3 July 2023)

Message from the Guest Editors

In addition to physical activity, nutrition is an important factor influencing human health. Eating disorders are a significant health determinant, and long-term improper nutrition can cause many different diseases, which are referred to as diet-related diseases of civilization. Adequate nutrition meets human energy requirements and all the ingredients necessary for lifelong development of the body and health of the individual. The demand for energy and nutrients varies greatly and depends on the energy load associated with a person's workload, as well as their gender, climate and lifestyle.

The Special Issue "Healthy Eating and Food Safety: Healthy Behavior and Balanced Nutritional Intake, Nutritional Needs and Health Related Behaviors of Physically Active Adults, Food and Nutrition Safety" consists of articles on two main thematic fields. The first area concerns the energy load of soldiers and members of uniformed services as the basis for planning rational nutrition and assessing the workload, diet and nutritional status. The second thematic area covers works related to nutrition and food safety and their impact on human health.





an Open Access Journal by MDPI

Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health
Disparities Research and
Innovation, Richard Dixon
Research Center, Morgan State
University, 1700 E. Cold Spring
Lane, Baltimore, MD 21251, USA

Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPus / SciFinder, and other databases.

Journal Rank: CiteScore - Q1 (*Public Health, Environmental and Occupational Health*)

Contact Us

International Journal of
*Environmental Research and Public
Health* Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/ijerph
ijerph@mdpi.com
[X@IJERPH_MDPI](https://twitter.com/IJERPH_MDPI)