



Nuts and Human Health

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submissions:

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Message from the Guest Editors

International Journal of Environmental Research and Public Health is planning a Special issue focusing on the effects of nuts on human health. Several international guidelines recommend the inclusion of nuts as part of a healthy diet to lower the risk of chronic diseases. Recent research has investigated the effects of regular nut consumption on several new research areas, such as cancer, diabetes, malnutrition, cognition, and fertility. The continued investigation of the health effects of nuts in different research areas can help to guide nut consumption recommendations.

This Special Issue aims to bring together up-to-date original research in the field of the health effects of nut consumption. We welcome manuscripts on long-term, short-term, and acute human studies, as well as epidemiological research on a wide range of outcomes associated with nut consumption. We also invite submissions of systematic reviews and meta-analyses on nut consumption.

We invite you to submit your latest research on the health effects of nut consumption.





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Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed 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 journal.

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