



## Recent Advances in Nutrition and Health

Guest Editors:

**Dr. Kalliopi Anna Poulia**

Laboratory of Dietetics and  
Quality of Life, Department of  
Food Science & Human Nutrition,  
School of Food and Nutritional  
Sciences, Agricultural University  
of Athens, 11855 Athens, Greece

**Dr. Michael Chourdakis**

Laboratory of Hygiene, Social &  
Preventive Medicine and Medical  
Statistics, School of Medicine,  
Faculty of Health Sciences,  
Aristotle University of  
Thessaloniki, Thessalonik, Greece

Deadline for manuscript  
submissions:

**closed (31 March 2023)**

### Message from the Guest Editors

Dear Colleagues,

In recent years, interest in the interaction of nutrition and health has been growing. The effects of specific nutrients, alongside studies regarding a more holistic approach to our diet—those focusing more on the effect of dietary patterns on the metabolic profile and on the nutrients that can be used in the prevention and treatment of chronic diseases—are increasingly in the spotlight.

This Special Issue is an attempt to present recent advances in nutrition and health, in terms of prevention and treatment of non-communicable diseases and the management of nutrition-related problems.

Potential topics include, but are not limited to, the following:

- Assessment of nutritional status (i.e., laboratory markers and methods of measurements of body composition);
- Dietary intake for the prevention of health-related problems;
- Dietary patterns and their effect on health and disease;
- Medical nutrition therapy;
- Nutritional supplements and their effect on wellbeing, in health and disease.





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](http://www.mdpi.com)

[mdpi.com/journal/ijerph](http://mdpi.com/journal/ijerph)  
[ijerph@mdpi.com](mailto:ijerph@mdpi.com)  
[X@IJERPH\\_MDPI](https://twitter.com/IJERPH_MDPI)