

Special Issue

Healthy Eating and Food Safety

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.

Guest Editors

Dr. Jerzy Bertrandt

Faculty of Economic Sciences, John Paul II University of Applied Sciences in Białą Podlaską, 21-500 Białą Podlaską, 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)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



mdpi.com/si/129608

*International Journal of
Environmental Research and
Public Health*

Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
ijerph@mdpi.com

[mdpi.com/journal/
ijerph](https://mdpi.com/journal/ijerph)





International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



[mdpi.com/journal/
ijerph](https://mdpi.com/journal/ijerph)



About the Journal

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.

Editor-in-Chief

Prof. Dr. Paul B. Tchounwou
RCMI Center for Urban Health Disparities Research and Innovation,
Richard N. Dixon Research Center, Morgan State University, Baltimore,
MD 21251, USA

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, CAPlus / SciFinder, and other databases.

Journal Rank:

CiteScore - Q1 (Public Health, Environmental and Occupational Health)