

Special Issue

Eat Healthy to Live Healthy: Nutrition and Disease Prevention from Fetus to Adulthood

Message from the Guest Editor

Nutrition plays a key role throughout the life span. It guides growth and development during the early stage of life and affects aging processes. Thus, nutrition is considered a major modifiable determinant of acute and chronic diseases. Dietary modification through functional foods and nutraceuticals supplementation influences not only present health but might also prevent development of disease later in life. This report aims to attract reviews and clinical trials to fully investigate diseases prevention strategies through nutritional interventions. This Special Issue calls for original contributions, including observational and experimental designs, exploring (1) functional foods in human health and disease prevention; (2) nutraceuticals in human health and disease prevention; (3) prebiotics, probiotic, symbiotic, para-probiotics and post-biotics in human health and disease prevention; (4) safety and toxicity of functional foods and nutraceuticals; and (5) nutrition and beyond: health effects of sports.

Guest Editor

Dr. Antonio Di Mauro

Neonatology and Neonatal Intensive Care Unit, Department of Biomedical Science and Human Oncology, "Aldo Moro" University of Bari, 70124 Bari, Italy

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

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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

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