

Special Issue

Effects of Plant-Based Diets on Human Health and the Environment

Message from the Guest Editor

Plant-based diets are dietary patterns that support high consumption of plant-based foods like vegetables, whole grains, fruits, legumes, seeds, and nuts, and strongly reduce the consumption of most animal products. Examples of plant-based diets include traditional Mediterranean, flexitarian, vegetarian, and vegan diets. Recent studies have linked plant-based diets to lower rates of type 2 diabetes, heart disease, and cancer. Increased consumption of plant-based foods could also have beneficial effects on the environment. The aim of this Special Issue will be to investigate the correlations between health and plant-based diets and to evaluate divergent plant-based dietary interventions in clinical practice.

Guest Editor

Prof. Dr. Mauro Lombardo

Department of Human Sciences and Promotion of Quality of Life, San Raffaele Open University, Rome, Italy

Deadline for manuscript submissions

closed (30 September 2022)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 9.8
Indexed in PubMed



mdpi.com/si/81684

*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 9.8
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 R. Ward

School of Society and Culture, Adelaide University, Adelaide 5001,
Australia

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)