

## 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.

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### Guest Editor

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### Deadline for manuscript submissions

closed (30 September 2022)



## International Journal of Environmental Research and Public Health

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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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### Editor-in-Chief

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