

Special Issue

What Makes a Healthy Diet? From Old Questions to New Perspectives

Message from the Guest Editors

Few, if any, would contest that diet has an essential and significant impact on human health. However, there are still a lot of unanswered questions about what makes a healthy diet. Nutrition research has provided mounting evidence for potential causal relationships between specific dietary factors (e.g., fruits, vegetables, processed meat, and trans-fat intake) and chronic non-communicable diseases (NCDs). Although these findings have been widely used to inform dietary guidelines aimed at preventing NCDs, the complexity of dietary assessment and nutritional scoring systems across different populations and settings remains a challenge to overcome. New priorities for research are emerging in nutrition science, including those related to interactions with gut microbiota, the effects of specific bioactive foods and nutrients, personalized nutrition, and the influences of social status on nutritional and disease disparities. This Special Issue of *Medicina*, entitled "What makes a healthy diet? From old questions to new perspectives", welcomes the submission of original research, narrative reviews, systematic reviews and meta-analyses.

Guest Editors

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