



## Plant-Based Diet: Benefits and Concerns

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### Message from the Guest Editor

Dear Colleagues,

Consumer interest in plant-based diets has markedly increased over the past few years. Segments of the population desire food products that improve human and planetary health and protect against major chronic diseases. As non-dairy and non-meat alternatives become mainstream, the following questions have emerged concerning the sustainability of these plant-based diets: What impact do they have on food security? Do these plant-based meat and dairy alternatives help lessen environmental degradation? Are these products nutritious and healthy? Do plant-based diets put populations at risk for any vitamin or mineral deficiencies? Do plant-based diets help diminish malnutrition and overnutrition (leading to obesity)? We invite research papers that discuss such issues and provide some answers to these important questions.

Prof. Dr. Winston Craig

*Guest Editor*





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