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## Vegetarian Diet Patterns and Their Impact on Common Chronic Diseases

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### Message from the Guest Editors

Vegetarian diets are becoming increasingly popular around the world, partly because of their perceived health benefits. These include various types of vegetarian and vegan diets, as well as different types of dietary patterns with a large proportion of plant-based products. It is well known that compared to conventional dietary patterns, these diets contain a greater amount of fiber, antioxidants and phytochemicals, and at the same time, less total fat (including saturated fat), sugar and sodium. A large body of evidence suggests that vegetarian dietary patterns are associated with a lower risk of chronic diseases, including obesity, type 2 diabetes, cardiovascular disease and cancer. This Special Issue aims to provide evidence on the correlations between vegetarian dietary intake and reducing the risk of chronic diseases, explaining these relationships and filling the research gap in order to better define the health effects of vegetarian dietary patterns. It would be useful to know the results of studies to determine the health effects of vegetarian dietary patterns, as well as to assess the degree of clinical benefit in observational studies



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# Special Issue



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