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Vegetarian Nutrition in Health Improvement

Guest Editors:

Dr. Luciana Baroni

Scientific Society for Vegetarian
Nutrition, Scientific Committee,
Via Verdi 10/9, 30171 Mestre, VE,
Italy

Dr. Gianluca Rizzo

Independent Researcher, Via
Venezuela 66, 98121 Messina,
Italy

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submissions:

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Message from the Guest Editors

Dear Colleagues,

In this Special Issue dedicated to “Vegetarian Nutrition in Health Improvement”, we aim to expand the knowledge on the importance of a plant-based diet for public health.

The current literature suggests that vegetarian diets could be beneficial for the prevention and management of some chronic conditions, including metabolic diseases.

Vegetarian diets (i.e., lacto-ovo-vegetarian and vegan) have been recognized as adequate and healthy, but their effect on human health is still debated due to the limited available data.

In this context, your research represents an important source of evidence to detect healthy diets which are also globally sustainable. This could stimulate better prevention policies for the population.

We encourage the submission of human clinical studies or reviews based on them, avoiding preclinical and in vitro studies, with a margin of tolerance of studies on human cells.

Dr. Luciana Baroni

Dr. Gianluca Rizzo

Guest Editors



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Special Issue



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Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación
Biomédica en Red Fisiopatología
de la Obesidad y la Nutrición
(CIBEROBN), Institute of Health
Carlos III, 28029 Madrid, Spain
2. Research Institute of
Biomedical and Health Sciences
(IUIBS), University of Las Palmas
de Gran Canaria, 35001 Las
Palmas, Spain
3. Preventive Medicine Service,
Centro Hospitalario Universitario
Insular Materno Infantil (CHUIMI),
Canarian Health Service, 35016
Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional
Sciences, University of
Connecticut, Storrs, CT 06269,
USA

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Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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