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Dietary Assessment in Human Health and Disease

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Message from the Guest Editor

Dear Colleagues,

Dietary assessment is crucial in evaluating relationships between diet and health. It represents the information core describing amounts of food and food components, either actual or habitual intakes, and potential exposure to risks. Dietary assessment can be used to compare eating models across population groups to highlight current and emerging topics, then information can be used by researchers conducting experimental trials. On the other hand, clinical trial research has been exploited in planning new dietary surveys and using more appropriate new tools (ehealth, mhealth). Database management is always challenging, but collaboration between research groups and among citizens can improve the whole information system, allowing for underpinning policy-making decisions.

Prof. Aida Turrini
Guest Editor



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Special Issue



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