



## Advances in Nutrition and Dietary Intake in Rural Areas

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### Message from the Guest Editors

Nutrition is the material basis allowing organisms to engage in activities and ensuring the normal growth and development of the human body. A healthy and nutritious diet helps to protect against malnutrition as well as noncommunicable diseases (NCDs), such as diabetes, heart disease, stroke, cancer, etc. Urbanization and globalization have altered diet and nutrition in rural areas; people have begun to pay more attention to their health and seek healthy and nutritious food. However, there are obvious contradictions between people's dietary aims and dietary behaviors, especially in rural areas. A large number of farmers have continued traditional dietary habits (e.g., high-carb, high-salt, high-sugar diets and long-term consumption of food at night). Such a diet may greatly impact the welfare of rural residents and thus threatening the sustainable development and revitalization of rural areas. This Special Issue calls for research assessing farmers' nutritional behaviors and their impacts on household welfare, as well as those focusing on the challenges of transitioning farmers' dietary preferences.





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