



## Adherence to Healthy and Sustainable Diets: Challenges and Perspectives

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### Message from the Guest Editor

Encouraging healthier diets, reducing food waste, and reforming food production patterns are necessary measures to improve the sustainability of food systems. It has been reported that an ideal diet should include vegetables, fruits, whole grains, legumes, nuts, and unsaturated fats, as well as small to moderate amounts of seafood and poultry, with minimal to no red meat, processed meat and added sugar. In the process of promoting healthy and sustainable diets, there are several issues worthy of concern: does the sustainable diet that has been advocated for in recent years have a positive impact on the environment and the food system? Have policies in different regions, food manufacturers, retailers and restaurants adjusted accordingly to address both health and sustainability aspects, and has consumer perception changed from consuming traditional diets? Can sustainable diets help reduce malnutrition and overnutrition around the world?

This current Special Issue focuses on the adaptation of sustainable diets in different populations in different regions, the impact of healthy and sustainable dietary patterns on disease, and current knowledge and insights on sustainable diets.





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