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Dietary Modifications and Human Health

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Message from the Guest Editor

Dear Colleagues,

Diet is, along with smoking, the most important environmental factor affecting human health. It has been calculated that one in five deaths are associated with poor diet, or, that in America, a poor diet is linked to nearly half of the deaths from heart disease, stroke, or diabetes. From cancer to cardiovascular disease, metabolic diseases or dementia, there are few chronic diseases where diet has not been included as an important modifier. In this Special Issue, we will cover some important topics relating to diet modifications and its impact on different chronic diseases. We will explore the effects of not only the changes in some nutrients, but also of the effect of the circadian rhythm and the potent contribution of the microbiota to the dietary effect on human health.



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Special *Issue*



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