



Food Variety and Nutrition Status

Guest Editors:

Dr. Malcolm Riley

CSIRO Health and Biosecurity,
P.O. Box 10041, Adelaide SA 5000,
Australia

Dr. Gilly Hendrie

CSIRO Health and Biosecurity,
P.O. Box 10041, Adelaide SA 5000,
Australia

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Message from the Guest Editors

Food variety is well recognised to be important for optimal nutritional status across the life course with few exceptions—which are usually temporary, for example, exclusive consumption of breast milk for newborns. As such, dietary guidelines worldwide promote that people eat a wide variety of foods as part of a nutritious diet.

Understanding the role of food variety in promoting nutrition and health status is important to protect health. Therefore, this Special Issue of *Nutrients* titled “Food Variety and Nutrition Status” has been developed to compile research on this important topic. To better understand this complex area, we welcome all types of study design, in various populations using a range of methodologies.

Potential topics may include but are not limited to:

- Importance of food variety within a healthy diet;
- Associations between food variety and nutritional status and/or risk of chronic disease;
- Methodologies to measure food variety;
- Intervention studies or population initiatives to increase food variety.

Dr. Malcolm Riley

Dr. Gilly Hendrie

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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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Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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