



## The Science of Vegetarian Nutrition and Health

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### Message from the Guest Editor

Dear Colleagues,

The purpose of this Special Issue, “The Science of Vegetarian Nutrition and Health”, is (1) to identify biomarkers of intake of plant foods, (2) to evaluate nutrient adequacy and dietary sources of protein, fatty acids or phytochemicals in vegetarian populations, and (3) to identify novel approaches to evaluating vegetarian diets, with the goal to advance vegetarian nutrition science. We know from the literature the health benefits of vegetarian diets through studies that examine the associations of vegetarian diets with disease, mortality, and clinical intermediates of disease (e.g., body weight, BMI, lipids, inflammation). However, the definition of what a vegetarian diet is remains elusive. Combining both intake and biomarker data will add depth to the definition of what a vegetarian diet is, and, as such, have implications on study design that may advance vegetarian nutrition science more expeditiously.

*Guest Editor*

Assoc. Prof. Karen Jaceldo-Siegl





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