

Special Issue

Vegan and Vegetarian Diets: From Nutritional Adequacy to Public Health Impact

Message from the Guest Editors

In recent years, interest in plant-based diets has increased. Many consumers are avoiding meat, becoming either vegetarians or vegans. Vegan and vegetarian diets can positively impact public health by reducing the risk of chronic diseases such as heart disease, type 2 diabetes, obesity, and certain cancers. However, despite the many positive aspects of limiting animal products in the diet, risk factors should also be considered. Numerous studies show that a plant-based diet, particularly a vegan diet, is characterised by an inadequate intake of nutrients such as protein, ω -3 fatty acids, vitamin B12, iron, vitamin D, and calcium. Therefore, we propose the following topics: Assessment of the nutritional status of vegetarians and vegans of different ages; Analysis of the effects of a vegetarian and vegan diet on medical conditions; Antioxidant status of plant-based raw materials dedicated to plant-based diets; Effectiveness of nutrient fortification of foods for vegan and vegetarian diets; Monitoring patterns for vegetarian and vegan diets; Analysis of sensory preferences in vegetarians and vegans in different age groups.

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Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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