

## Special Issue

# Eating Sustainably in Healthy Diet

### Message from the Guest Editors

The shift towards more sustainable and healthier diets is one of today's most significant challenges, considering the need to feed a growing world population under the effects of climate change, which currently threatens ecosystems, agriculture, and global health. The key changes should involve shifting dietary patterns towards a more plant-based diet, but also reducing the frequency of processed foods consumed and minimizing portion sizes. In this context, dietary recommendations should adopt the key changes optimizing human health while simultaneously minimizing environment impact. The aim of the present special issue is to collect papers focusing the contribution of dietary advice to the shift versus a sustainable food consumption including the possible strategies to ensure biodiversity, lower environmental impact, and nutrition security. The contributions should also concern collective catering aimed to the different systems (health care, school, rest homes, etc..) to evaluate if offered or optimized menus are healthy, acceptable, and affordable for the consumers as well as at lower environmental impact.

### Guest Editors

Dr. Marika Ferrari

Council for Agricultural Research and Economics—Research Centre for Food and Nutrition (CREA—Food and Nutrition), Via Ardeatina 546, 00178 Rome, Italy

Dr. Laura Rossi

Council for Agricultural Research and Economics—Research Centre for Food and Nutrition (CREA—Food and Nutrition), Via Ardeatina 546, 00178 Rome, Italy

### Deadline for manuscript submissions

closed (25 March 2024)



## Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/180560](https://mdpi.com/si/180560)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)





# Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)



## About the Journal

### 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.

---

### 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 (UIBS), 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

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

#### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)