

Special Issue

Advances in Sustainable Healthy Diets

Message from the Guest Editors

In an epoch characterized by mounting apprehensions pertaining to global health and environmental sustainability, the imperative pursuit of sustainable, health-conscious dietary practices has increased in importance. Recent strides in the realms of plant-based proteins, personalized nutrition, sustainable agriculture, food waste reduction, local sourcing of food, and dairy alternatives have revolutionized our dietary habits. This Special Issue elucidates recent breakthroughs in sustainable and health-promoting dietary patterns, shedding light on pioneering methodologies, technologies, and strategies that affect transformative changes in our approach toward nourishing ourselves and safeguarding the environment. This Special Issue comprehensively delves into the multifaceted domain of advances in sustainable, healthy diets, exploring innovative research endeavors, policy frameworks, and pragmatic solutions that bridge the divide between human nutrition and environmental sustainability. These initiatives have propelled us towards a healthier and more sustainable future.

Guest Editors

Prof. Dr. Han-Shen Chen

Department of Health Industry Technology Management, Chung Shan Medical University, Taichung City 40201, Taiwan

Prof. Dr. Yuan-Yen Chang

School of Medicine, Chung Shan Medical University, Taichung City 40201, Taiwan

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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

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