

Special Issue

Do We Have a Specific Diet for Cancer Prevention?

Message from the Guest Editors

Dietary components and lifestyle behaviors are crucial modifiable factors in the modulation of cancer risk. Many international organizations have developed tumor-prevention guidelines that highlight the importance of following an overall “healthy dietary pattern”, which includes preferential usage of plant-based foods, limits the intake of sugar-sweetened drinks and red/processed meat, and avoids alcohol and processed foods consumption. Nonetheless, there is still much to be learned before being able to define evidence-based and personalized nutritional recommendations or guidelines to prevent cancer development. A flurry of new information is emerging on the complex interactions existing among dietary components, the gut microbiome, gene expression, and cell-signaling pathways, which may provide the rationale for more-informed interventional approaches. This Special Issue seeks to fill the gaps between latest knowledge and diet-based cancer-prevention interventions, focusing on the mechanistic effects on cancer development of dietary patterns, nutritional components, and dietetic habits, as well as cancer-prevention population studies.

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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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