

Special Issue

Sustainable Food Systems, Optimal Nutrition, and Health Promotion: Challenges in the 21st Century

Message from the Guest Editors

Suboptimal diet is a major, yet preventable, risk factor for non-communicable diseases (NCDs). There is extensive scientific and epidemiological evidence to support the relationship between nutritional intake, food patterns and health. This evidence informs recommendations and dietary guidelines aimed at assisting dietary changes towards healthier practices that reduce risk and enhance well-being and quality of life.

This Special Issue of *Nutrients* encourages the submission of studies considering nutrition and environmental impact, including life-cycle assessment research. We also invite the submission of original qualitative, quantitative, and mixed-methods studies based on interventions, programs, practices, and policies aimed to strengthen healthier and more sustainable diets in different communities and population groups. Reviews and meta-analyses on healthier sustainable dietary patterns and food systems are also welcome.

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Deadline for manuscript submissions

closed (25 December 2024)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/189053

Nutrients
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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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