

Special Issue

The Prevalence of Adherence to Prudent Dietary Patterns and Their Association with Physical and Mental Health

Message from the Guest Editor

This Special Issue explores the links of adherence to prudent diets (e.g., Mediterranean, MIND, DASH) and time-restricted eating (TRE) or fasting with physical and mental health. Modern shifts toward processed foods have worsened chronic disease risks, while evidence suggests that balanced diets and structured eating regimens can enhance metabolic, cognitive, and psychological well-being. However, long-term adherence remains low due to socioeconomic, cultural, and behavioral barriers. We invite studies on the following topics:

- Prevalence and determinants of dietary adherence across populations;
- Health impacts, including bidirectional diet–gut–brain interactions;
- Strategies to promote compliance (e.g., personalized nutrition, policy changes);
- Synergies between diet, exercise, sleep, and stress management.

This Special Issue will inform tailored public health strategies, clinical guidelines, and personalized interventions to counteract unhealthy dietary trends and optimize holistic health outcomes in diverse populations, including athletes and high-stress 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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