

## Special Issue

# Plant-Based Diet: Benefits and Concerns

### Message from the Guest Editor

Consumer interest in plant-based diets has markedly increased over the past few years. Segments of the population desire food products that improve human and planetary health and protect against major chronic diseases. As non-dairy and non-meat alternatives become mainstream, the following questions have emerged concerning the sustainability of these plant-based diets: What impact do they have on food security? Do these plant-based meat and dairy alternatives help lessen environmental degradation? Are these products nutritious and healthy? Do plant-based diets put populations at risk for any vitamin or mineral deficiencies? Do plant-based diets help diminish malnutrition and overnutrition (leading to obesity)? We invite research papers that discuss such issues and provide some answers to these important questions.

### Guest Editor

Prof. Dr. Winston Craig  
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### Deadline for manuscript submissions

closed (5 August 2024)



## 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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