

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
School of Public Health, Loma Linda University, Loma Linda, CA, USA

Deadline for manuscript submissions

closed (5 August 2024)



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MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
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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.

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 (IUIBS), 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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