

Special Issue

Mega-Trend: Sustainable Nutrition and Human Health

Message from the Guest Editors

This Special Issue aims to publish high-quality scientific papers regarding current trends in sustainable nutrition that directly contribute to human health. Sustainable nutrition, which directly impacts human health, is based on a holistic approach to dieting, including dietary recommendations and nutrient intake goals, taking into account the three pillars of sustainability: environmental, social/cultural, and economic sustainability. We encourage authors to submit their manuscripts to our Special Issue entitled “Mega-Trend: Sustainable Nutrition and Human Health”, as we believe your work may contribute to a focused and up-to-date body of knowledge on this particular topic. Potential topics may include, but are not limited to, the current dietary recommendations for different populations, preventive and corrective actions against malnutrition, factors involved in nutritional inequality, causes and consequences of malnutrition, and social and economic factors impacting sustainable nutrition and human health worldwide.

Guest Editors

Prof. Dr. Magdalena Gibas-Dorna

Collegium Medicum, Institute of Health Sciences, University of Zielona Gora, 28 Zyty Street, 65-046 Zielona Gora, Poland

Prof. Dr. Ewa Pruszyńska-Oszmałek

Department of Animal Physiology, Biochemistry and Biostructure, Faculty of Veterinary Medicine and Animal Science, Poznan University of Life Sciences, 60-637 Poznan, Poland

Deadline for manuscript submissions

closed (15 July 2025)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/220756

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



About the Journal

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 (UIBS), 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

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)