

Special Issue

Vegetarian Diets and Human Health: Current Prospects

Message from the Guest Editors

Healthy vegetarian diets rich in particular nutrients are relevant for a better health. The ethical grounds for choosing a vegetarian diet are clear, but its benefits require further scientific evidence, especially with regards to whether it fulfills human nutritional requirements. Many natural vegetarian dietary supplements, functional foods from plant sources, mushrooms, and other fungi can provide the nutritional elements needed by people who do not take animal-derived proteins. It is a matter of controversy whether vegetarian (and vegan) diets have better nutritional values than non-vegetarian ones in relation to various comorbidities like mental stress, diabetes, obesity, and cardiac diseases. Further detailed research is required to prove this and help the millions of people who rely on these diets.

This Special Issue is particularly interested in various types of research findings, including preclinical studies, clinical trials, experimental research, expert opinions, systematic reviews, and narrative review articles, to highlight contemporary research on the benefits and limitations of vegetarian diets. We look forward to your research contributions.

Guest Editors

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Prof. Dr. Ana Paula Girol

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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.

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