

Special Issue

Alcohol Consumption and Human Health

Message from the Guest Editor

Humans have consumed alcoholic beverages for many years, and their health effects can be negative, depending on a variety of factors, including the amount and frequency of consumption, individual health conditions, and overall lifestyle. Scientific research supports that continuous and excessive alcohol consumption can disrupt the absorption of essential nutrients. The excessive consumption of alcohol can cause metabolic health problems due to damage to the enzyme systems, due to which the body cannot efficiently process the nutrients that enter it. Alcohol is also a high-calorie food ingredient and can contribute to weight gain, especially when consumed in large amounts or with high-calorie foods. Drinking alcohol can increase one's appetite and change one's eating habits, often leading to more junk food. Understanding the challenges of alcohol consumption in a public health context is critical to making science-based decisions about the role of alcohol consumption in human health. According to the latest WHO recommendations (2023) on alcohol consumption, no level of alcohol consumption is safe for human health.

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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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