

Special Issue

Eat More Healthily: Nutrition Quality and Nutrition Information of Foods

Message from the Guest Editor

The abundance of unhealthy food on the market is an important limitation for consumers to pursue a healthy diet. Institutions are trying to promote programmes to improve the nutrition quality of food products. For this purpose, the study of the nutrient composition of foods in the market is required, as well as to classify foods as healthy or unhealthy. The latter is achieved by the use of nutrient profile/profiling models. In addition to these efforts, consumers are provided with several tools to use on their own. The nutrition declaration is compulsory in many countries and front-of-pack labelling is being promoted to simplify the interpretation of the values displayed. Nutrition and health claims are also widely used by the industry. This special issue aims at providing valuable research on these topics.

Manuscripts on food nutrient composition and nutrient profile/profiling models are welcome to unveil the nutrition quality of foods in the market. In addition, works on nutrition information of foods for costumers, such as nutrition declaration, nutrition and health claims as well as front-of-pack labelling are also encouraged.

Guest Editor

Prof. Dr. Ana Belén Ropero

Institute of Bioengineering, Miguel Hernández University, 03202 Elche, Spain

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

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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.

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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