

## Special Issue

# Measuring Healthy Diets: The Past, Present and Future of Dietary Assessment

### Message from the Guest Editors

Dietary assessment is a cornerstone of nutritional research, providing valuable insights into the association between diet and health. Over the years, methods that measure dietary intake have greatly advanced, from conventional food frequency questionnaires and 24-hour recalls to more advanced digital tools and biomarkers. These advancements reflect efforts to improve the accuracy, reliability and feasibility of collecting dietary intake data. Recent innovations leverage mobile applications, wearable devices and machine learning algorithms, providing new opportunities for more accurate and objective dietary data collection. Despite these developments, challenges persist in accurately assessing the quality of diets and aligning metrics with the evolving concepts of healthy diets. There is a need to develop standardized indicators that reflect global dietary recommendations and ensure consistency across different populations. This Special Issue will explore the evolution of dietary assessment methodologies, highlighting recent advances and future directions for measuring healthy diets.

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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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