

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.

Guest Editors

Dr. Sandra Abreu

1. School of Life Sciences and Environment, University of Trás-os-Montes, and Alto Douro (UTAD), 5000-801 Vila Real, Portugal
2. RISE—Health, Department of Genetics and Biotechnology, School of Life and Environmental Sciences, University of Trás-os-Montes and Alto Douro, Edifício de Geociências, 5000-801 Vila Real, Portugal
3. Research Centre in Physical Activity, Health, and Leisure (CIAFEL), Faculty of Sport, University of Porto, 4200-450 Porto, Portugal
4. Laboratory for Integrative and Translational Research in Population Health, 4050-600 Porto, Portugal

Dr. Margarida Liz Martins

1. Coimbra Health School (ESTeSC), Polytechnic University of Coimbra, 3045-093 Coimbra, Portugal
2. H&TRC—Health & Technology Research Center, Coimbra Health School, Polytechnic University of Coimbra, 3045-093 Coimbra, Portugal
3. Sports and Physical Activity Research Center, University of Coimbra, 3040-248 Coimbra, Portugal
4. Research Centre for Anthropology and Health, University of Coimbra, 3000-456 Coimbra, Portugal



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/232285

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)