

Special Issue

Dietary Pattern, Food Intake, and Health: What Is Still Missing in the Current Evidence?

Message from the Guest Editors

The purpose of this Special Issue is to explore the most updated available evidence about the association between diet and food, and short- and long-term health outcomes across life.

Diet quality and sustainable food have been increasingly studied in recent years. However, their causal effects on some health outcomes are still poorly understood. Some specific dietary patterns have been linked to the progression of type 2 diabetes, cardiovascular disease, and chronic kidney disease, but more studies are needed for other non-communicable diseases. Gut microbiome is associated with food intake, but how it mediates the effect of food on health is less investigated.

We seek studies using either observational (e.g., prospective cohort) or experimental (e.g., randomized control trials and Mendelian randomization) design to explore and better understand the association between diet, food, and health. We particularly welcome submissions triangulating evidence of the same effect from different study designs. Systematic reviews and meta-analyses are also strongly encouraged.

Thank you very much for your contribution!

Guest Editors

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Deadline for manuscript submissions

closed (20 December 2023)



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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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