

Special Issue

Vegetarian Diet Patterns and Their Impact on Common Chronic Diseases

Message from the Guest Editors

Vegetarian diets are becoming increasingly popular around the world, partly because of their perceived health benefits. These include various types of vegetarian and vegan diets, as well as different types of dietary patterns with a large proportion of plant-based products. It is well known that compared to conventional dietary patterns, these diets contain a greater amount of fiber, antioxidants and phytochemicals, and at the same time, less total fat (including saturated fat), sugar and sodium. A large body of evidence suggests that vegetarian dietary patterns are associated with a lower risk of chronic diseases, including obesity, type 2 diabetes, cardiovascular disease and cancer. This Special Issue aims to provide evidence on the correlations between vegetarian dietary intake and reducing the risk of chronic diseases, explaining these relationships and filling the research gap in order to better define the health effects of vegetarian dietary patterns. It would be useful to know the results of studies to determine the health effects of vegetarian dietary patterns, as well as to assess the degree of clinical benefit in observational studies

Guest Editors

Dr. Aneta Koronowicz

Department of Human Nutrition and Dietetics, Faculty of Food Technology, University of Agriculture in Krakow, 122 Balicka St., 30-149 Krakow, Poland

Dr. Mariola Drozdowska

Department of Human Nutrition and Dietetics, Faculty of Food Technology, University of Agriculture in Krakow, 30-149 Krakow, Poland

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

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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

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