

Special Issue

Dietary Patterns, Dietary Intake, Dietary Behaviours and Health

Message from the Guest Editors

Eating a balanced variety of nutritious foods can help individuals to stay healthy. The associations between dietary intake, dietary patterns, dietary behaviours and health need to be further illustrated. This upcoming Special Issue will present a series of articles covering the topics dietary intake/patterns/behaviours and their relationship to undernutrition, overweight and obesity, hypertension, metabolic syndrome, diabetes, and so on. The main findings from these papers will provide solid evidence to underscore future policy making for improvements in nutrition among populations of all ages.

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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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