

Special Issue

Food Fortification and Nutritional Policies

Message from the Guest Editors

More than two billion people suffer from micronutrient deficiencies. The WHO acknowledges that addressing micronutrient deficiencies must remain a priority in the Development Agenda. Compared to an animal protein-based diet, a plant protein-based diet can increase the risk of nutrient deficiencies, especially in vulnerable groups. It is crucial to ensure an adequate nutrient intake regardless of their diet.

While mass fortification policies and regulations can reduce health disparities even in high-income countries, some populations have a restrictive diet of balanced foods for cultural, religious, or socioeconomic reasons. Nevertheless, fortified and biofortified food promotion can negatively impact the ecological dimension of food systems by negatively affecting the quantity and diversity of crops.

This Special Issue will include manuscripts focusing on food fortification and the scientific, technological, regulatory, and policy barriers. We strongly believe that the submitted materials will represent an international scientific collaboration between experts in these topics and that these contents can serve as inspiration for future innovative contributions.

Guest Editors

Dr. Marlene Fabiola Escobedo-Monge

Dr. José Manuel Marugán-de-Miguelsanz

Dr. María Antonieta Escobedo Monge

Deadline for manuscript submissions

20 January 2026



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/220040

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)