

Special Issue

Collection of Dietary Quality Assessment Methods

Message from the Guest Editors

Diet quality is a key public health concern, as inadequate diets contribute to mortality, disabilities, and non-communicable diseases. Defining diet quality is complex, as it varies based on age, sex, health status, activity levels, and the needs of vulnerable groups like children and pregnant women. Key assessment parameters include nutrient intake, nutrient density, moderation, variety, and food safety. Various dietary metrics have been developed to evaluate diet quality and diversity, emphasizing their role in health and well-being. These indicators help monitor dietary trends, inform policies, and assess the food system's impact on diets. Evaluating diet quality requires analyzing data sources and processing methods while considering sustainability factors, such as balancing crop yields with nutrient density, assessing the trade-offs of animal-source foods, and promoting healthier, more sustainable diets.

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Deadline for manuscript submissions

15 September 2025



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/231334

Nutrients
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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.

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