

## Special Issue

# Healthy Nutrition as the Key Reference in Special Diets, Quality of Life, and Sustainability—2nd Edition

### Message from the Guest Editors

Eating is related to our relationship with food in various contexts, and it is influenced by difficult choices that consider biological, social, cultural, economic, psychological, and access-to-food aspects. When people are not properly instructed regarding food (i.e., choices and consumption) and a healthy diet, it is assumed that special diets or other dietary patterns will be inappropriate. Additionally, maintaining a balanced diet is endangered by the higher cost and poorer nutritional and sensory quality of specialty food products compared to conventional meals.

Taking these premises into account, and since the topicality of the subject remains emerging and attracts excellent demand and interest, as demonstrated in the first edition of this Special Issue ([https://www.mdpi.com/journal/nutrients/special\\_issues/174ZQ5X30G](https://www.mdpi.com/journal/nutrients/special_issues/174ZQ5X30G)), we decided to launch a second edition that aims to present original research articles, reviews, and short communications concerning the following: special diets; dietary restrictions; dietary patterns; gluten-free diets; dairy-free diets; sugar restriction; salt restriction; vegan diets; vegetarian diets; quality of life; and sustainability.

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### Guest Editors

Dr. António Raposo

Dr. Renata Puppim Zandonadi

Prof. Dr. Raquel Braz Assunção Botelho

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### Deadline for manuscript submissions

15 January 2026



## Nutrients

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Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



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*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

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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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### 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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