

## Special Issue

# Clinical Impact of Plant-Based Dietary Choices

### Message from the Guest Editors

The definition of what constitutes a healthy diet is constantly evolving; nevertheless, it is crucial to reflect on the role of various foods, essential nutrients, and other food components in health and disease. A large and growing body of evidence supports that the intake of certain types of nutrients, food groups specific to a plant-based diet positively affects health and promotes the prevention of common non-communicable diseases (NCDs). To better understand the clinical impact of plant-based dietary choices, it is important to map these outcomes. Evidence from previous epidemiological studies and clinical trials endorses that the risk of NCDs, including cardiovascular disease and cancer, is reduced due to a plant-based diet. This is why we look for articles that answer the following questions and themes:

- What are the clinical impacts and benefits of plant-based dietary choices on metabolic health and other non-communicable diseases?
- What are the clinical risks and benefits of plant-based dietary choices? How could possible risks be avoided? How can the potential benefits reach everyone and be optimally applied?

### Guest Editors

Dr. Peter Deriemaeker

Department of Health Care, Design and Technology, Nutrition and Dietetics Program, Erasmushogeschool Brussel, 1090 Brussels, Belgium

Dr. Evelien Mertens

Department of Health Care, Design and Technology, Nutrition and Dietetics Program, Erasmushogeschool Brussel, 1090 Brussels, Belgium

### Deadline for manuscript submissions

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## Nutrients

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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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