

## Special Issue

# Impact of Nutrition and Diet on Holistic Health: Physical, Mental, and Social Well-Being

### Message from the Guest Editor

Nutrition is fundamental to health, influencing physical, mental, and social well-being. With modern economic development, however, excessive or imbalanced diets have become prevalent, contributing to widespread health challenges like obesity, diabetes, and hypertension. Maintaining a healthy diet is thus essential for optimizing the positive effects of nutrition while minimizing its potentially harmful effects. Nutritional choices impact physical health by supporting weight management, energy balance, and disease prevention. They also impact mental health, as nutrition affects mood, cognitive performance, and emotional resilience. Furthermore, dietary habits shape social health by fostering social bonds, community involvement, and cultural expression. This Special Issue invites manuscript submissions that explore the role of balanced nutrition and mindful dietary choices in fostering comprehensive, holistic health outcomes.

### Guest Editor

Dr. Minghui Sam Li

Department of Clinical Pharmacy and Translational Science, University of Tennessee Health Science Center, Memphis, TN 38103, USA

### Deadline for manuscript submissions

closed (25 May 2025)



## 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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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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