

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

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Deadline for manuscript submissions

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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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