

Special Issue

Addressing the Health Impacts of Dietary Exposure: Enhancing Public Health Through Dietary Literacy and Experimental Methodologies

Message from the Guest Editor

In recent years, the impact of dietary exposure on human health has raised significant concerns. Potential harmful effects can derive from different sources, which are typically found in ultra-processed foods, micro- and nanoplastics from food packaging, and PFAS, which are currently a point of concern in society. From a public health perspective, having an informed population regarding food choices is crucial for reducing these risks. In this context, dietary literacy plays a fundamental role. Individuals with higher dietary literacy are better equipped to understand the content of their food, and make safer and healthier food choices. This Special Issue aims to deepen our understanding of the potential risks related to dietary exposure, and will include research on new and innovative methodologies to elucidate those exposures. Additionally, it will highlight strategies for preventing and mitigating the risks posed by harmful diets to protect health. An important aspect will also be the exploration of population knowledge concerning dietary topics, to emphasize the importance of improving dietary literacy to reduce health risks associated with diet.

Guest Editor

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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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