

Special Issue

The Association of Dietary Factors and Disease Risk

Message from the Guest Editors

Food and beverages we consume play a crucial role in the overall health and wellbeing. Dietary factors, in fact, provide energy, nutrients and other components that, if provided in insufficient or excess amounts can result in ill health. Conditions that are mostly affected by diet include cardiovascular diseases, obesity, metabolic disorders, and nutritional deficiencies. However, ill health generally cannot be attributed to any one food component alone, but several diseases are mostly associated with the combination of different dietary factors. Moreover, the complex interplay between diet and other risk factors (e.g., environmental, behavioural, biological, societal and genetic factors) make it difficult to assess the contribution of nutrition to ill health. In this scenario, the purpose of this Special Issue is to add to the current knowledge evidence from original research, reviews and meta-analyses on the effect of dietary factors on human health and disease risk.

Guest Editors

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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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