

## Special Issue

# Definition of Healthy Diet for Healthy People: Data from Epidemiological Studies

### Message from the Guest Editors

A healthy diet prevents many chronic-degenerative diseases and ensures a healthy and long life. But what is a healthy diet? A large number of epidemiological studies provide data regarding dietary predictors of negative health outcomes. This Special Issue of *Nutrients*, entitled “Definition of Healthy Diet for Healthy People: Data From Epidemiological Studies” aims to sample a number of contribution by well-recognized experts in order to analyse the predictors of a good health and healthy aging, with the aim of defining the concept of a “positive nutrition”. Consensus documents, narrative reviews, systematic reviews, meta-analyses, and epidemiological trials resuming and reporting data on dietary components and dietary patterns associated with human longevity and good health in different geographical settings are welcome. Preclinical studies are also welcome, but only if they have a direct impact or relationship with human health and longevity. Prof. Dr. Arrigo Cicero

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### Guest Editors

Dr. Arrigo Francesco Giuseppe Cicero

Dr. Federica Fogacci

Prof. Dr. Claudio Borghi

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### Deadline for manuscript submissions

closed (31 March 2022)



## 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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### 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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