

## Special Issue

# Dietary Patterns and Human Health

### Message from the Guest Editor

There is growing recognition of the importance of investigating overall diet or dietary patterns, rather than focusing on single foods or nutrients, because dietary pattern analysis can summarize the potentially synergistic effects of foods and nutrients. This approach is also useful for the development of dietary guidelines, given that people eat foods (and thus nutrients) in combination. This Special Issue of *Nutrients*, entitled “Dietary Patterns and Human Health”, welcomes the submission of manuscripts either describing original research or reviewing the scientific literature on this topic. Studies based on dietary patterns based on both a priori and a posteriori approaches are welcome. Studies focusing on methodological aspects are also encouraged.

### Guest Editor

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### Deadline for manuscript submissions

closed (31 December 2018)



## Nutrients

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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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