

Special Issue

Dietary Intake and Physical Activity for Human Health

Message from the Guest Editor

The World Health Organization (WHO) stated that unhealthy diet and physical inactivity are leading global risks to human health. Noncommunicable diseases (NCDs), such as cardiovascular diseases (e.g., heart attacks and stroke), cancers, chronic respiratory diseases (e.g., chronic obstructive pulmonary disease and asthma), and diabetes, kill 41 million people each year, equivalent to 71% of all deaths in the world. A number of epidemiological studies has been published that examine the relationship between dietary intake or diet quality and health and the relationship between exercise habits, physical activity, or inactivity and health outcomes. However, the double burden of malnutrition which refers to the dual burden of under- and overnutrition occurring simultaneously within a population becomes a big issue globally.

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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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