

Special Issue

Impact of the Western Dietary Pattern on Human Health—Resolving Controversies and Challenges

Message from the Guest Editor

The shift in Western dietary habits from natural foods to highly processed foods has brought greater convenience but also significant health concerns. The magnitude of such negative health impacts is the subject of considerable debate, especially because most conclusions are from observational epidemiological studies and so cannot establish causality. The Hill criteria combine epidemiological studies with biological studies (referred to as biological plausibility), and these, when assessed together, can assist in establishing causality. This Special Issue calls for papers that discuss biologically plausible underlying mechanisms and interactions that influence and help explain how nutrients and foods in the Western diet interact and how this impacts health. Examples of potential topics include the following:

- The influence of dietary factors and the food matrix on nutrient uptake from the gut;
- Negative or positive interactions between nutrients, e.g., inhibition of the formation of nitrosamines in processed meats.

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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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