

Special Issue

Nutrition and Health—the Challenge of Sustainable Food Security

Message from the Guest Editors

A healthy diet maintains and improves health providing the body with essential nutrition “fluid, macronutrients such as protein, micronutrients such as vitamins, and adequate fiber and food energy”. An unhealthy diet is a major risk factor for a number of chronic diseases (high blood pressure, high cholesterol, diabetes, abnormal blood lipids, overweight/obesity, cardiovascular diseases, and cancer). The definition of a healthy diet is currently shifting towards a more comprehensive framing of dietary needs as a global need of various nutrients with complex interactions, instead of per nutrient type needs. A safe food supply contributes to food and nutrition security and supports national economies, trade and tourism, stimulating sustainable development. This includes proper food preparation, which can prevent a large share of foodborne diseases. Phytochemicals have also potential as natural antibiotics and an opportunity to fight antibiotic resistance which is another global priority. Original articles and reviews proving insights, new research and fundamental knowledge are very welcome to this Special Issue.

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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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