

Special Issue

How Can Health and Wellness Promotion Strategies Which Include Nutrition Education alongside Hands-On Cooking Be Organized, Evaluated, and Optimized for Maximal Impact

Message from the Guest Editor

With diet-related diseases accounting for the majority of deaths in the US and increasing numbers worldwide, existing strategies focusing primarily on disease diagnosis and treatment are insufficient. Proponents of Teaching Kitchens, Culinary Medicine, and Whole Person Health Programs have developed novel strategies which include nutrition education alongside hands-on cooking instruction, often in association with evidence-based instruction in lifestyle; mindfulness training; motivational interviewing, health coaching, and behaviour change strategies. We invite manuscripts that formally describe, contrast, and evaluate the impact of the above mentioned novel strategies on health risk behaviours, clinical outcomes, biomarkers, costs, access to nutritious foods, and the training of future health professionals. For a detailed list of additional manuscript topics relevant to this Special Series, see LINK BELOW.

https://res.mdpi.com/data/nutrients_special-issue_topics.docx.pdf

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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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