

Special Issue

Innovations and Challenges in Sustainable Healthy Diets: New Frontiers and Applications

Message from the Guest Editors

As the global population grows and the threat of climate change intensifies, the relationship between dietary choices and the ecosystems we inhabit has never been more critical. Recent advancements in plant-based proteins, personalized nutrition, sustainable agriculture, food waste reduction, local food sourcing, and dairy alternatives have transformed dietary habits. This Special Issue highlights cutting-edge breakthroughs in sustainable and health-promoting dietary patterns, focusing on innovative methodologies, technologies, and strategies that drive transformative changes in how we nourish ourselves while protecting the environment. The quest for sustainable, health-conscious diets lies at the intersection of environmental stewardship and personal wellbeing. This Special Issue provides a comprehensive exploration of the multifaceted field of advances in sustainable and healthy diets, examining innovative research initiatives, policy frameworks, and practical solutions that connect human nutrition and environmental sustainability. These efforts pave the way for healthier and more sustainable futures.

Guest Editors

Prof. Dr. Yuan-Yen Chang

School of Medicine, Chung Shan Medical University, Taichung City 40201, Taiwan

Prof. Dr. Han-Shen Chen

Department of Health Industry Technology Management, Chung Shan Medical University, Taichung City 40201, Taiwan

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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