

Special Issue

The Healthiness and Sustainability of Food-Based Dietary Guidelines

Message from the Guest Editor

We are soliciting the submission of quality original research, review, and perspective papers addressing the healthiness, flexibility, and sustainability of food-based dietary guidelines and diet types (e.g., Mediterranean; Ketogenic; Vegan). There is a need for published research on and scientific evidence for the effects of food-based dietary recommendations on body and psychological health. Furthermore, evidence supporting whether and how food-based dietary guidelines and certain diet types increase resilience to cardio-metabolic and neuropsychiatric diseases is needed. Another key area of interest is whether food-based dietary guidelines can accommodate different and evolving circumstances and specific needs across various sub-groups (phenotypes) in the population.

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Deadline for manuscript submissions

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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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