

## Special Issue

# Towards Healthy and Sustainable Diets: Environmental and Nutritional Perspectives

### Message from the Guest Editors

Sustainable diets are closely linked to human health since they promote the consumption of nutritionally adequate, safe, and healthy foods while minimizing environmental impacts. They promote nutritional patterns rich in fruits, vegetables, whole grains, and healthy fats, with moderate or minimal amounts of meat, saturated oils, added sugars, and processed foods. Do these different aspects of sustainable diets manage to have an impact on complex health issues? Are global guidelines on sustainable diets and/or the Sustainable Development Goals (SDGs) adequate to transform regional and local behaviors around the world? Could sustainable dietary habits change food production, affecting our adaptation to environmental challenges ahead?

This Special Issue aims to enhance understanding of the interconnection between human nutrition and environmental sustainability following the guidelines of sustainable diets. Topics of interest include, but are not limited to, those described above. Thus, all types of quantitative and qualitative studies are welcomed.

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### Deadline for manuscript submissions

closed (5 January 2026)



## Nutrients

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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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