

Special Issue

Dietary Intake and Lifestyle Behavior for Prevention of Chronic Diseases

Message from the Guest Editors

Chronic diseases, especially non-communicable diseases (NCDs), such as heart disease, cancer, chronic respiratory diseases and diabetes, are the leading causes of death worldwide and represent an emerging global health threat. Dietary patterns and lifestyle factors play a significant role in the prevention of chronic diseases. Many chronic diseases are preventable because they are associated with poor diet and lifestyle choices, including smoking, excessive alcohol consumption and insufficient physical activity. Both undernutrition and overnutrition have a negative impact on the development of disease, and it may be that the combination is worse. The purpose of this Special Issue is to discuss the latest research on how diet and lifestyle can help prevent chronic diseases.

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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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