

Special Issue

The Health Impacts of Nutrition Policies Designed to Promote Sustainable and Healthy Diets

Message from the Guest Editor

In an era of growing global health disparities and environmental challenges, nutrition policies are being recognized as critical tools to foster both individual health and planetary sustainability, as pursuing sustainable diets and establishing relevant policies can promote healthy development. Excessive salt consumption is a significant dietary risk factor for noncommunicable diseases (NCDs). Taking England as an example, the average salt intake has decreased considerably, partly owing to national salt reduction policies that have been conducted since the 2000s, including a national media campaign, voluntary and mandatory reformulations of processed foods, and the implementation of front-of-pack labeling; health economic evaluation studies have shown that these policies added to life-years and reduced the healthcare costs of cardiovascular disease. In Japan, industry–government–academia partnerships are working to increase the availability of healthier food options. Healthy and sustainable dietary patterns can thereby help to prevent disease, which may require decision makers to consider developing policies to promote such patterns to improve public health.

Guest Editor

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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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