

Special Issue

Transition towards Sustainable Healthy Diets: A Complex Journey

Message from the Guest Editors

Promoting the transition to healthy and sustainable diets has become increasingly urgent, given the high prevalence of malnutrition globally and the pressing need to reduce the environmental impact of the food system. This transition, however, is a complex challenge. Dietary patterns must not only minimize environmental impact—such as greenhouse gas emissions and land and water usage—but also address nutritional, health, socio-cultural, and economic considerations, as emphasized by the FAO and the World Health Organization. This Special Issue invites submissions exploring various aspects of healthy and sustainable diets, their intricate interactions, and strategies to facilitate the transition to these models. Topics may include, but are not limited to, their implications for nutritional, environmental, and economic sustainability, as well as initiatives like educational programs, regulatory measures, and policy tools designed to foster this transition in diverse contexts. We welcome original trials, narrative reviews, systematic reviews (with or without meta-analyses), and commentaries for consideration in this Special Issue.

Guest Editors

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Dr. Giorgia Vici

Deadline for manuscript submissions

closed (5 May 2025)



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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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