

Special Issue

Evidence-Based Nutritional Intervention to Enhance the Health and Well-Being of Indigenous and Multi-Ethnic Populations

Message from the Guest Editors

Dietary practices are shaped by a diverse cultural tapestry; however, most dietary recommendations overlook the significance of socio-cultural factors, favoring guidance based on mainstream dietary habits. Indigenous and multi-ethnic communities often face health disparities due to limited access to culturally appropriate nutrition and healthcare support, leading to higher rates of chronic illnesses and reduced life expectancy. It is crucial to address these gaps not only because health equity is inherently valuable, but also to foster inclusivity and support a better quality of life for all.

This Special Issue aims to showcase the latest knowledge related to evidence-based nutritional interventions tailored to indigenous and multi-ethnic populations, contributing to the development of targeted strategies that promote health and well-being in these communities. We are seeking submissions of original research and high-quality reviews to further broaden the knowledge in this critical area.

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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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