

Special Issue

Plant-Based Dietary Patterns, Health and Sustainability

Message from the Guest Editors

Plant-based dietary patterns consist mostly or entirely of plant-based foods and they have been linked to various benefits when the diet includes minimally processed foods, fruits, vegetables, whole grains, legumes, nuts and seeds, herbs, and spices and a low or minimal presence or absence of animal foods.

The health benefits include reductions in the risk of developing metabolic diseases, such as cardiovascular diseases and type 2 diabetes, and cancer and slowing the progression of neurodegenerative diseases. Moreover, plant-based dietary patterns have been linked to a lower risk of all-cause mortality. The potential role of plant-based diets in the severity of Covid-19 has recently been studied. In addition to the effects on health, plant-based diets are beneficial in terms of sustainability.

We look for articles that answer the following questions and themes:

What are the benefits of plant-based dietary patterns on sustainability and on metabolic health and other non-communicable diseases?

What are the risks and benefits of plant-based diets?
How could possible deficiencies be avoided?

We also welcome articles that investigate the role of plant-based dietary patterns in COVID-19.

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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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