

Special Issue

Association between Nutrition, Diet Quality, Dietary Patterns, and Human Health and Diseases—2nd Edition

Message from the Guest Editor

It is being increasingly recognized that overall dietary patterns and diet quality influence human health. Some dietary patterns, for example the Mediterranean diet, have been associated with favorable outcomes for many chronic diseases. Dietary patterns also encompass behavioral approaches to eating, and have emerged as potentially relevant considerations for metabolic health. Studies of diet quality assess how routine eating practices provide diversity, essential nutrients, and other beneficial food components, while also limiting components that are known to be detrimental to health or may negatively impact health. Recent research has also considered aspects of diet quality, including the level of food processing, the overall adequacy of the complete nutrient profile, sustainability, and precision nutrition.

Considering the success of the previous Special Issue, entitled "Association between Nutrition, Diet Quality, Dietary Patterns, and Human Health and Diseases", we are pleased to announce that we are launching a second Special Issue. Given the timeliness and importance of this topic, we hope that you will consider submitting your manuscript to this Special Issue.

Guest Editor

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About the Journal

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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