

Special Issue

Food Insecurity, Diet Quality and Human Health

Message from the Guest Editor

Food insecurity is defined as the lack regular access to enough safe and nutritious food for normal growth and development and an active and healthy life (FAO, 2022). While severe food insecurity is associated with stunting and wasting, paradoxically, mild food insecurity has been correlated with a higher prevalence of obesity among vulnerable populations globally along with diabetes, hypertension, cardiovascular disease and diminished mental health. Many micronutrients are limited in modern dietary patterns, but the relationship with food insecurity is often under-examined. This Special Issue aims to further examine the complex interplay between food insecurity, diet quality, and health. The presented materials are the result of international scientific cooperation of experts specializing in these issues. The content may be useful for clinical practitioners, future government policies, and in engaging innovative research to improve the diet quality of those experiencing food insecurity.

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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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