

## Special Issue

# Impact of Food Choices on Environmental Sustainability and Human Health

### Message from the Guest Editor

Food choices are complex and highly variable because they are influenced by many psychological, social, and cultural factors. Understanding and changing human food choices and eating behaviors can help shape sustainable consumption and benefit the environment. Diets largely composed of fruits, vegetables, legumes, nuts and whole grains, combined with reduced meat consumption, can improve human health and protect the environment. These foods have a low carbon footprint and are associated with reduced disease risk for a variety of health outcomes. The Special Issue entitled "Impact of Food Choices on Environmental Sustainability and Human Health", which is open for articles and commentary, presents reviews of existing literature, describes results from primary research in human and animal populations, presents results from environmental science in relation to food production and sustainability, and critically summarizes data from multiple investigations. Exploration of the interaction between food choices, environmental influences, and human health falls within the scope of this Special Issue.

### Guest Editor

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### Deadline for manuscript submissions

closed (18 October 2023)



## Nutrients

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*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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