

Special Issue

The Impact of a Plant-Based Diet on Bone Health

Message from the Guest Editor

The dogma has been that vegans and vegetarians are at a greater risk of fracture due to lower levels of dietary bone nutrients and lower bioavailability of certain nutrients from plant foods. Newer data has questioned this, and suggests no negative effect of a plant-based diet on bone health once calcium and vitamin D are present in sufficient quantities (possibly coupled with a lower acid load) compared to the typical Western diet. Therefore, the purpose of this Special Issue is to gather new insights into how plant-based diets benefit bone health. We invite manuscripts exploring the role of diet in bone health, including but not limited to comparisons between various levels of dietary plant foods, dietary patterns, and new secondary data analyses of existing databases. Manuscripts on the role of phytochemicals, or the complex milieu of food components, are welcome, however the focus for this Issue is on investigating physiological levels of phytochemicals from whole foods and not high doses of phytochemicals from supplements. We also want to cover other lifestyle factors and behaviors of people who consume plant-based diets that may influence bone health.

Guest Editor

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Deadline for manuscript submissions

closed (5 April 2024)



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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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