

Special Issue

Dietary Patterns and Data Analysis Methods

Message from the Guest Editors

Dietary patterns play a crucial role in understanding the relationship between nutrition and health. This holistic perspective allows us to capture the complexity of human diets and their impact on chronic diseases, metabolic health, and overall well-being. To analyze dietary patterns, various data analysis methods are employed, ranging from traditional statistical techniques to advanced machine learning approaches. Common methods include factor analysis and principal component analysis (PCA) to identify dietary patterns, cluster analysis to classify individuals based on their eating habits, and dietary indices that assess adherence to predefined healthy eating guidelines. Understanding dietary patterns through rigorous data analysis helps inform public health policies, guides nutritional recommendations, and supports personalized nutrition strategies. As data collection methods continue to evolve—through the improvement of food frequency questionnaires, dietary recalls, and digital tracking tools—so do the techniques used to extract meaningful insights from dietary data.

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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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