

# Special Issue

## Food Insecurity, Nutritional Status, and Human Health

### Message from the Guest Editor

The global food system provides enough food to feed the entire population, but many face food insecurity. Food insecurity can be defined as hunger caused by insufficient intake of dietary energy, and, when sustained over the long term, can lead to malnutrition. It can also be defined as the lack of regular access to enough safe and nutritious food for normal growth and development and the lack of an active and healthy life (FAO, 2022). Food insecurity is associated with premature mortality not only in low- and middle-income countries, but also in high-income countries. Although this is thought to be mediated through diet quality, more research is needed to understand the underlying mechanisms and socio-demographic factors such as gender and ethnicity that mediate the impact of food insecurity on health. This Special Issue aims to further examine the complex interplay between food insecurity, diet quality, and health. 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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### Guest Editor

Dr. Amanda Grech

Charles Perkins Centre, School of Life and Environmental Sciences,  
University of Sydney, Sydney, NSW 2006, Australia

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### Deadline for manuscript submissions

closed (15 May 2025)



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*Nutrients*

Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
nutrients@mdpi.com

[mdpi.com/journal/](https://mdpi.com/journal/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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Prof. Dr. Lluis Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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