

Special Issue

Dietary Habits, Nutritional Status, Health Beliefs and Disease Risks

Message from the Guest Editors

Chronic diseases, including cardiovascular diseases, diabetes, have affected a great proportion of the global population and contributed to extensive morbidity and death. The development of many chronic diseases can be ascribed to unhealthy dietary consumption.

Therefore, adjusting diets can maintain the well-being of individuals and prevent health problems. Overall nutritional status plays a key role in clinical outcomes. Continuous research is required to substantiate the philosophy that “food is the new medicine”. Establishing optimal diets, including dietary patterns, dietary habits, and foods, are crucial for the prevention and management of chronic diseases. Alternatively, the impact of healthy dietary patterns, especially micro- and macro-nutrient intake, on disease risks remains elusive. Moreover, examining the biological mechanisms underlying diet-related chronic diseases could not only assist in the formation of evidence-based dietary guidelines to meet nutritional requirements and reduce the chronic disease risks, but also help the individuals to adopt healthful dietary habits and eating behaviours.

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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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