

Special Issue

Dietary Intake and Chronic Disease Prevention

Message from the Guest Editors

Chronic diseases, in particular noncommunicable diseases (NCDs) (diabetes mellitus, cardiovascular diseases, cancer, chronic respiratory diseases, and chronic kidney disease), are one of the major causes of mortality and morbidity worldwide. It is estimated that 6 out of 10 people are affected by an NCD, and 4 out of 10 suffer from at least two of them. NCDs present various risk factors that can be classified as nonmodifiable and modifiable. The former includes genetics, gender, and age. The latter are mainly represented by an unhealthy lifestyle such as inadequate caloric intake, lack of physical activity, alcohol abuse, and smoking. All these risk factors can cause metabolic alterations, which in turn can lead to the onset of NCDs. Thus, NCDs are strongly influenced by lifestyle. In fact, unhealthy eating habits and physical inactivity increase their onset, influencing their progression. A healthy lifestyle exerts a protective effect against onset and progression of NCDs, increasing the life expectancy of subjects.

Guest Editors

Prof. Dr. Annalisa Noce

Prof. Dr. Annalisa Romani

Dr. Roberta Bernini

Deadline for manuscript submissions

closed (20 December 2020)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/40392

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

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



About the Journal

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.

Editors-in-Chief

Prof. Dr. Lluís 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 (UIBS), 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

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)