

Special Issue

Dietary Habits, Beneficial Exercise and Chronic Diseases: Latest Advances and Prospects

Message from the Guest Editor

Several lines of evidence indicate that healthy diet and exercise can prevent cardiovascular diseases, stroke, diabetes, and some types of cancer such as colon cancer, and smoking-related cancers. Dietary patterns defined as the quantities, proportions, variety, or combination of different foods and drinks, and the frequency with which they are habitually consumed are also associated with an increased or decreased incidence of chronic diseases. Lately, an association has been found between eating habits, exercise, and psychological and/or mental disorders. This Special Issue of *Nutrients*, entitled “Dietary Habits, Beneficial Exercise, and Chronic Diseases: Latest Advances and Prospects”, welcomes the submission of manuscripts, either describing original research or reviewing the scientific literature, focused on the relationship between dietary habits (macronutrients, micronutrients, drinks, meal frequency, etc.) and/or exercise with metabolic, cardiovascular, mental, rheumatic, infectious, neoplastic, odontostomatological, and other chronic diseases.

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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.

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