

## Special Issue

# Healthy Eating in Relation to National Dietary Guidelines

### Message from the Guest Editors

Dietary guidelines commonly propose a set of recommendations related to the consumption of individual foods and/or food groups in sufficient quantities to meet nutrient intake based on life stage and sex, for both health promotion and chronic disease prevention. More recently developed national dietary guidelines have included holistic contexts for eating, by addressing food combinations (meals), food safety considerations, lifestyle factors, sustainability, and other aspects of eating. We aim to bring together a selection of research manuscripts and reviews to showcase the latest evidence on the use of dietary guidelines to influence population eating patterns and promote healthy eating and diet quality at different life stages, as well as association with health and disease. This Special Issue welcomes the submission of validation and experimental studies, as well as systematic reviews and meta-analyses coming from a wide range of disciplines (i.e., human nutrition and dietetics, public health, epidemiology, non-communicable chronic diseases).

### Guest Editors

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### Deadline for manuscript submissions

closed (10 February 2022)



## Nutrients

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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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### Editors-in-Chief

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