

Special Issue

Dietary Modifications and Human Health

Message from the Guest Editor

Diet is, along with smoking, the most important environmental factor affecting human health. It has been calculated that one in five deaths are associated with poor diet, or, that in America, a poor diet is linked to nearly half of the deaths from heart disease, stroke, or diabetes. From cancer to cardiovascular disease, metabolic diseases or dementia, there are few chronic diseases where diet has not been included as an important modifier. In this Special Issue, we will cover some important topics relating to diet modifications and its impact on different chronic diseases. We will explore the effects of not only the changes in some nutrients, but also of the effect of the circadian rhythm and the potent contribution of the microbiota to the dietary effect on human health.

Guest Editor

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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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