

Special Issue

Frontier: Vegan Diets and Human Health

Message from the Guest Editors

Vegan diets are gaining increasing popularity in society. In general, studies on vegan adults have shown multiple health benefits, such as a lower risk of obesity, cardiovascular diseases and type 2 diabetes. On the other hand, vegans may have an increased risk of deficiencies in certain nutrients, such as protein, iron, zinc, calcium, vitamin D, vitamin B12, iodine. In addition, the associations between vegan diets and certain health outcomes, such as osteoporosis and mental health, are yet to be studied. Further, there are concerns as to whether the dietary specifications required can be met for specific groups like children and pregnant women, and the long-term health effects among these groups are unknown.

Therefore, research on vegans is very timely, and the aim of this Special Issue is to present the current knowledge on vegans and vegan diets with a broad focus. Possible topics include, but are not limited to, attitudes and nutritional knowledge of vegans, eating behaviors and eating disorders among vegans, dietary intake and nutritional status of vegans, vegan diets and chronic disease risk, as well as vegan diets and environmental sustainability.

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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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