

## Special Issue

# Dietary Pattern and Nutrients Intake on Chronic Diseases

### Message from the Guest Editor

It is known that to reduce NCDs is to reduce risk factors associated with these diseases, mainly related to unhealthy diets, physical inactivity, and consumption of tobacco and alcohol. Thus, NCDs are strongly influenced by lifestyle. Several studies show that a diet offered in a sufficient (high content of essential nutrients), accessible, safe, and varied way not only prevents malnutrition but also reduces the risk of suffering from NCDs. Definitely, diet is the key element of prevention. Promotion of healthy lifestyles is necessary to combat NCDs.

The aim of this Special Issue is to identify and assess healthy dietary patterns as well as specific nutrients in the prevention and management of NCDs. Also, we want to identify gaps that could help with the identification of the underlying mechanisms involved in this protection.

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## Nutrients

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*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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