

Special Issue

Eating Habits and Disease Risk Factors

Message from the Guest Editors

Diet plays an inevitable role in human health and disease prevention. Focus on eating habits allows us to observe the complexity of socio-behavioral, economic, environmental and cultural determinants of the human diet. Individual eating habits, due to their longitudinal character, represent an important contributor to disease. On the other hand, eating habits can be modified, and therefore are a promising target for lifestyle interventions which can influence future health.

In this Special Issue, we would like to bring the attention of *Nutrients* readers to novel findings in the context of eating habits and disease risk factors. We invite articles focused on broad aspects of dietary intake and its determinants on health. Considering the current SARS-CoV2 pandemic, we particularly welcome research covering the topic of changes in eating habits promoted by local restrictions and social distancing, and its effect on health-relevant outcomes. We encourage the submission of both human observational and experimental studies, as well as overviews of evidence, including systematic reviews and meta-analyses.

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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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