

Special Issue

Western Diet and Chronic Diseases

Message from the Guest Editor

The aim of this special edition is to highlight less-familiar aspects of the Western diet that deserve more attention in public health campaigns targeting chronic diseases. There are many components of the Western diet that contribute to its association with poor health. However, most public health campaigns still focus on sugar, salt and fat. The aim of this special edition is to discuss other important components of the Western diet. They might include specific foods or functionalities (such as effects on the gut microbiota, Maillard reaction products or ultraprocessed foods). These components can be considered in relation to specific chronic diseases, such as cardiovascular disease or cancer, or more generally by considering broader actions that influence many different chronic diseases, such as effects on chronic inflammation and insulin resistance. Both epidemiological and mechanistic approaches are useful. By providing up-to-date assessments of these less-well-known aspects of the Western diet, these reports will help to inform future public health nutrition policies.

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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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