

Special Issue

Public Health Nutrition and Sustainable Food Systems

Message from the Guest Editors

Today, the definition of a healthy diet is evolving to include human health and the planet. Sustainable diets will play a crucial role in addressing human health while allowing environmental sustainability. Ensuring that global diets are both nutritious for individuals and ecologically sustainable. While certain studies have examined the environmental footprint of specific foods, there is a lack of holistic assessments considering dietary patterns and their impact on ecosystems, biodiversity, and climate change. These research gaps hinder the development of evidence-based dietary guidelines that could drive a shift in dietary patterns to simultaneously prioritize human health and environmental sustainability. Filling this research gap means understanding the complex factors on overall health and the environment. In this Special Issue, we welcome topics including sustainable nutrition and diets, but not limited to, the following:

- The life cycle analyses for environmental impact of food products and diets;
- Dietary intake studies that combine outcomes of health and sustainability;
- Evaluation of dietary guidelines in terms of their environmental impact.

Guest Editors

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Deadline for manuscript submissions

closed (21 July 2025)



Sustainability

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Impact Factor 3.3
CiteScore 7.7



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Message from the Editor-in-Chief

I encourage you to contribute a research or comprehensive review article for consideration for publication in *Sustainability*, an international Open Access journal which provides an advanced forum for research findings in areas related to sustainability and sustainable development. *Sustainability* publishes original research articles, review articles and communications. I am confident you will find the journal contributes to enhancing understanding of sustainability and fostering initiatives and applications of sustainability-based measures and activities.

Editor-in-Chief

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