

Special Issue

The Impact of Ready-to-Eat Food Environments on Healthy Eating and General Well-Being

Message from the Guest Editor

The prevalence of diet-related noncommunicable diseases (NCD), including cardiovascular disease, diabetes, and certain cancers, has rapidly increased in most parts of the world, regardless of level of socio-economic development. A poor diet is one of the major determinants of increased risk of malnutrition in all its forms, from underweight to obesity. The multiple underlying factors, including biological, genetic, psychosocial and lifestyle-related, family and social influences, institutional, neighborhood and community environments, may directly and/or indirectly influence an individual's food choices and eating behaviors. Recent attention has been paid to ready-to-eat food environments and their impact on diet behaviors and long-term health outcomes. Such foods are increasingly popular in modern society due to their ease of preparation, low production costs, and longer shelf-life. This special issue will discuss and highlight current developments of ready-to-eat food environments and its underlying causes and determinants. A major focus will be the impact of such food on healthy eating practices and general well-being of populations across the lifespan.

Guest Editor

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