

Special Issue

Recent Advances in Consumer Behaviour and Sustainable Food Service: Towards a Healthy Eating

Message from the Guest Editors

Current recommendations highlight the need to change food consumption patterns towards a more healthy and sustainable behaviour, reducing animal food sources and increasing the consumption of plant-based foods, such as whole grains, pulses, nuts, fruits, and vegetables. The food service sector, which comprises the production of meals consumed outside the home, including consumers from all age groups and in different sectors, such as schools, public and private companies, the health sector, restaurants, and others, has a relevant role in promoting this change. This Special Issue aims to promote the dissemination of current research in this field and innovative thinking on strategies to support behaviour change either in consumers or in food service stakeholders, aiming at complying with the sustainable development goals, to ensure a more healthy and more sustainable future. In this Special Issue, original research articles and reviews are welcome. We look forward to receiving your contributions.

Guest Editors

Dr. Ada Margarida Correia Nunes Da Rocha

Faculty of Food Science and Nutrition, University of Porto, 4150-180 Porto, Portugal

Prof. Dr. Cláudia Alexandra Colaço Lourenço Viegas

Lisbon School of Health Technology, Instituto Politécnico de Lisboa, 1990-096 Lisboa, Portugal

Deadline for manuscript submissions

closed (30 June 2024)



Sustainability

an Open Access Journal
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Impact Factor 3.3
CiteScore 7.7



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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
sustainability@mdpi.com

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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

Prof. Dr. Marc A. Rosen

Faculty of Engineering and Applied Science, University of Ontario
Institute of Technology, Oshawa, ON L1G 0C5, Canada

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