

## 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  
by MDPI

---

Impact Factor 3.3  
CiteScore 7.7



[mdpi.com/si/137494](https://mdpi.com/si/137494)

*Sustainability*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[sustainability@mdpi.com](mailto:sustainability@mdpi.com)

[mdpi.com/journal/  
sustainability](https://mdpi.com/journal/sustainability)





## Sustainability

---

an Open Access Journal  
by MDPI

---

Impact Factor 3.3  
CiteScore 7.7



[mdpi.com/journal/  
sustainability](https://mdpi.com/journal/sustainability)



# About the Journal

## 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. The journal publishes original research articles, reviews, conference proceedings (peer reviewed full 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. Steve W. Lyon

School of Environment and Natural Resources, Ohio State University,  
Columbus, OH 43210, USA

---

## Author Benefits

### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

### High Visibility:

indexed within Scopus, SCIE and SSCI (Web of Science), GEOBASE, GeoRef, Inspec, RePEc, CAPlus / SciFinder, and other databases.

### Journal Rank:

JCR - Q2 (Environmental Studies) / CiteScore - Q1  
(Geography, Planning and Development)