



Sustainable Diets, Food, and Nutrition

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Message from the Guest Editors

The topics of this Special Issue of Sustainability are extremely important in the face of global obesity syndemics, food insecurity and climate change. Moreover, although the food system has shown some resilience to the shock of the COVID-19 pandemic, urgent steps have to be taken to improve sustainability worldwide. Under these circumstances, it is necessary to take up the challenge of making food consumption patterns more sustainable, which at the same time will result in better health and nutrition outcomes. Research shows that the number of consumers choosing more plant-based diets is slowly increasing. Data on food market innovation indicate a steady increase in the share of product innovation in the ethical and health categories at the expense of the pleasure and convenience categories. In this special issue, we would like to identify the changes towards sustainable diets and nutrition and how they can continue from the consumers' perspective (knowledge and awareness, food choices, attitudes and behaviours) and the offer of relevant products. Such knowledge is essential to undertake intervention programmes promoting sustainable diets, food and nutrition.

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Message from the Editor-in-Chief

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