



nutrients



an Open Access Journal by MDPI

Healthy Nutrition as the Key Reference in Special Diets, Quality of Life, and Sustainability

Guest Editors:

Dr. António Raposo

CBIOS (Research Center for Biosciences and Health Technologies), Universidade Lusófona, 1749-024 Lisbon, Portugal

Dr. Renata Puppin Zandonadi

Department of Nutrition, University of Brasília, Brasília 70910-900, Brazil

Prof. Dr. Raquel Braz Assunção Botelho

Department of Nutrition, Faculty of Health Sciences, University of Brasília, Brasília 70910-900, Brazil

Deadline for manuscript submissions:

closed (30 June 2024)

Message from the Guest Editors

Eating is about how we relate to food in various contexts, and it is influenced by difficult choices that take into account biological, social, cultural, economic, psychological, and access-to-food-related aspects. As a result, eating decisions go beyond basic physiological and nutritional requirements. When people are not properly instructed regarding food (choices and consumption) and a healthy diet, it is assumed that special diets or other dietary patterns will be inappropriate. Additionally, the maintenance of a balanced diet is endangered by the higher cost and poorer nutritional and sensory quality of specialty food products compared to conventional meals. All of these factors may negatively impact these people's quality of life and have an impact on their access to and choice of food. As a result, this Special Issue seeks original research studies, reviews, commentaries, and short communications on: special diets; dietary restrictions; dietary patterns; gluten-free diets; dairy-free diets; sugar restriction; salt restriction; vegan diets; vegetarian diets; quality of life; and sustainability.



mdpi.com/si/172970

Special Issue



nutrients



an Open Access Journal by MDPI

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

Professor of Preventive Medicine & Public Health, Director of the Research Institute of Biomedical and Health Sciences, University of Las Palmas de Gran Canaria, Las Palmas de Gran Canaria, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

Author Benefits

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

High Visibility: indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank: JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)

Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/nutrients
nutrients@mdpi.com
X@Nutrients_MDPI