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Plant-Based Diets: Working towards a Sustainable Future

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Deadline for manuscript
submissions:

closed (5 April 2022)

Message from the Guest Editors

Consumer interest in plant-based diets has been rapidly increasing in the past decade. Non-dairy and non-meat alternatives have gone mainstream. New products are appearing on the market continually. Questions have arisen as to how nutritionally sound and healthy are these products. The marketplace wants products that improve human and planetary health, ultimately worldwide. How sustainable are these plant-based diets? How significantly do they alter traditional dietary patterns? What impact do they have on food security? Do this plant-based meat and dairy alternatives help lessen environmental degradation? Will plant-based diets help in the goal to greatly diminish malnutrition and over-nutrition (leading to obesity) around the world? We invite research papers that describe these issues and provide some answers to the important questions.



mdpi.com/si/86631

Special Issue



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

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