



Dietary Patterns and Public Health

Guest Editors:

Dr. Jesús Francisco García-Gavilán

1. CIBER Fisiopatología de la Obesidad y Nutrición (CIBERObn), Instituto de Salud Carlos III, 28029 Madrid, Spain
2. Unitat de Nutrició Humana, Departament de Bioquímica i Biotecnologia, Universitat Rovira i Virgili, 43201 Reus, Spain
3. Institut d'Investigació Sanitària Pere Virgili (IISPV), Hospital Universitari San Joan de Reus, 43204 Reus, Spain

Dr. Indira Paz-Graniel

1. Unitat de Nutrició Humana, Departament de Bioquímica i Biotecnologia, Universitat Rovira i Virgili, Hospital Universitari San Joan de Reus, Reus, Spain
2. Institut d'Investigació Sanitària Pere Virgili (IISPV), Reus, Spain
3. Consorcio CIBER, Fisiopatología de la Obesidad y Nutrición (CIBERObn), Instituto de Salud Carlos III (ISCIII), Madrid, Spain

Message from the Guest Editors

Dear Colleagues,

In recent decades, the importance of risk factors related to lifestyle has been established in the prevention of non-communicable diseases, the most prevalent and expensive pathologies for health systems. Diet is one of the main modifiable risk factors. It has been widely shown that following a Western diet, characterized by increased consumption of foods rich in saturated fatty acids, sugars, and sodium and decreased consumption of fruits, vegetables, legumes, whole grains, and other nutrient-rich foods, produces several adverse health effects. This situation has led governments and health institutions to join efforts to increase the promotion of healthy dietary patterns such as the Mediterranean or DASH diets, and to make the population aware of the relevance of improving their diet.

This Special Issue aims to provide and disseminate evidence that could provide a better understanding of current issues related to nutrition and, specifically, dietary patterns, focusing on research, public health policies, and their practical implementation. We welcome original research articles, reviews and meta-analyses.

Deadline for manuscript



February 2024)

mdpi.com/si/144883

Special Issue



an Open Access Journal by MDPI

Editor-in-Chief

Message from the Editor-in-Chief

Healthcare is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with *Healthcare* and its members receive discounts on article processing charges.

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), PubMed, PMC, and other databases.

Journal Rank: JCR - Q2 (*Health Care Sciences and Services*) / CiteScore - Q2 (*Leadership and Management*)

Contact Us

Healthcare Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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

mdpi.com/journal/healthcare
healthcare@mdpi.com
[X@HealthcareMDPI_](https://twitter.com/HealthcareMDPI_)