



## **Dietary Patterns in Promoting Overall Health and Well-Being**

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### **Message from the Guest Editor**

The Special Issue "*Dietary Patterns in Promoting Overall Health and Well-Being*" examines the critical role of dietary habits in fostering holistic health and wellness. It explores the relationships between dietary patterns and their impacts on physical, mental, and emotional well-being. The issue aims to present an analysis of how balanced diets, rich in essential nutrients, contribute to the prevention and management of chronic diseases. Topics will include the benefits of plant-based diets, the Mediterranean diet, and other significant eating patterns. It will also examine the influence of socioeconomic, cultural, and environmental factors on dietary choices and health outcomes. By integrating research from food and nutritional sciences, public health, and behavioral studies, this issue seeks to provide evidence-based insights and practical recommendations for individuals, healthcare professionals, and policymakers. Ultimately, this Special Issue highlights the importance of sustainable dietary practices in promoting a healthier society and world, encouraging readers to adopt dietary patterns that enhance health and well-being across diverse populations.





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## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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