



Eating Habits and Health

Guest Editor:

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Message from the Guest Editor

Eating habits are related to why and how people eat, which foods they eat, and with whom they eat, as well as the ways people obtain, store, use, and discard food. Individual, social, cultural, religious, economic, environmental, and political factors all influence people's eating habits. It seems clear that the quantity and quality of the consumed food can also affect people's health. In this way, it is easy to believe that health, and disease prevention and/or treatment may also influence an individual's eating habits. However, can the other way be possible? Do eating habits influence health and disease?

This Special Issue aims to present a broad updated view of different eating habits, dietary patterns, and dietary behaviors throughout the lifespan and in different populations. Contributions from all over the globe are encouraged, in order to provide an image of the different diets countries have in place to deal with health prevention and disease treatment.





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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. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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