



The Effects of Eating Habits on Human Health

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Message from the Guest Editor

Proper eating habits help you stay healthy long term. Moreover, they have a beneficial effect on mood and well-being. On the other hand, bad eating habits have a negative impact on physical and mental health. They contribute to the development of many diseases, including cardiovascular diseases and cancer, but also depression, skin diseases, and gastrointestinal diseases.

In this Special Issue, research articles and reviews on the impact of eating habits on human health are welcomed.





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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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