



Innovative Food and Nutrition Approaches to Promote Healthy Lifestyles

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Message from the Guest Editors

Our Special Issue welcomes food and nutritional approaches beyond those which could impact our health and wellbeing. This can include but is not limited to dietary approaches, eating habits, and trends in food choice behaviors. While we welcome innovative approaches that could be used to improve the nutritional quality of people's diets to contribute to their healthy lifestyle, we also welcome innovation in the food supply chain—e.g., novel crops/novel foods biofortification/food fortification, and novel approaches in processing and manufacture (e.g., food matrix/texture). The use of innovative approaches or technologies can also help us to better understand food environments/food behaviors/food intake or help with better food choice behavior, and our Special Issue is open to all innovations in food and nutritional sciences that aim to support health.





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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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