



Eating Behaviour and Food Safety, Physical Fitness and Health

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Deadline for manuscript
submissions:

closed (31 October 2021)

Message from the Guest Editors

Food safety remains a critical issue in the food chain and, more generally, in health. Eating behaviour and physical activity are major factors affecting human health. In recent years, eating out has become not only a convenience but also a necessity. Insufficient attention is paid to the safety and nutritional quality of meals, and not enough emphasis is placed upon physical activity. It is well known that weight gain and lifestyle behaviours contribute to future health problems. Adequate physical activity and eating behaviour can improve human health and reduce the risk of obesity and many diseases, while enhancing the immune system. This Special Issue of *IJERPH* focuses on aspects of food safety and health that most affect human beings, starting from the safe production and handling of food through consumer eating behaviour, physical activity, and their benefits for individual and public health. Papers addressing these topics are invited for this Special Issue, especially those combining a high academic standard coupled with practical solutions to the above-mentioned issues of food safety, healthy eating habits, and physical activity.





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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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Journal Rank: CiteScore - Q1 (Public Health, Environmental and Occupational Health)

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