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## Healthy Nutrition as the Key Reference in Special Diets, Quality of Life, and Sustainability

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### Message from the Guest Editors

Eating is about how we relate to food in various contexts, and it is influenced by difficult choices that take into account biological, social, cultural, economic, psychological, and access-to-food-related aspects. As a result, eating decisions go beyond basic physiological and nutritional requirements. When people are not properly instructed regarding food (choices and consumption) and a healthy diet, it is assumed that special diets or other dietary patterns will be inappropriate. Additionally, the maintenance of a balanced diet is endangered by the higher cost and poorer nutritional and sensory quality of specialty food products compared to conventional meals. All of these factors may negatively impact these people's quality of life and have an impact on their access to and choice of food. As a result, this Special Issue seeks original research studies, reviews, commentaries, and short communications on: special diets; dietary restrictions; dietary patterns; gluten-free diets; dairy-free diets; sugar restriction; salt restriction; vegan diets; vegetarian diets; quality of life; and sustainability.



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