



*nutrients*



an Open Access Journal by MDPI

## Advances in Sustainable Healthy Diets

Guest Editors:

**Prof. Dr. Han-Shen Chen**

Department of Health Industry  
Technology Management, Chung  
Shan Medical University,  
Taichung City 40201, Taiwan

**Prof. Dr. Yuan-Yen Chang**

School of Medicine, Chung Shan  
Medical University, Taichung City  
40201, Taiwan

Deadline for manuscript  
submissions:

**closed (15 November 2024)**

### Message from the Guest Editors

Dear Colleagues,

In an epoch characterized by mounting apprehensions pertaining to global health and environmental sustainability, the imperative pursuit of sustainable, health-conscious dietary practices has increased in importance. Recent strides in the realms of plant-based proteins, personalized nutrition, sustainable agriculture, food waste reduction, local sourcing of food, and dairy alternatives have revolutionized our dietary habits. This Special Issue elucidates recent breakthroughs in sustainable and health-promoting dietary patterns, shedding light on pioneering methodologies, technologies, and strategies that affect transformative changes in our approach toward nourishing ourselves and safeguarding the environment.

This Special Issue comprehensively delves into the multifaceted domain of advances in sustainable, healthy diets, exploring innovative research endeavors, policy frameworks, and pragmatic solutions that bridge the divide between human nutrition and environmental sustainability. These initiatives have propelled us towards a healthier and more sustainable future.



[mdpi.com/si/187906](https://mdpi.com/si/187906)

**Special** *Issue*



an Open Access Journal by MDPI

## Editors-in-Chief

### **Prof. Dr. Lluís Serra-Majem**

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

**Journal Rank:** JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)

## Contact Us

---

*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
www.mdpi.com

mdpi.com/journal/nutrients  
nutrients@mdpi.com  
X@Nutrients\_MDPI