



Sustainable Food Systems, Optimal Nutrition, and Health Promotion: Challenges in the 21st Century

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Message from the Guest Editors

Suboptimal diet is a major, yet preventable, risk factor for non-communicable diseases (NCDs). There is extensive scientific and epidemiological evidence to support the relationship between nutritional intake, food patterns and health. This evidence informs recommendations and dietary guidelines aimed at assisting dietary changes towards healthier practices that reduce risk and enhance well-being and quality of life.

This Special Issue of *Nutrients* encourages the submission of studies considering nutrition and environmental impact, including life-cycle assessment research. We also invite the submission of original qualitative, quantitative, and mixed-methods studies based on interventions, programs, practices, and policies aimed to strengthen healthier and more sustainable diets in different communities and population groups. Reviews and meta-analyses on healthier sustainable dietary patterns and food systems are also welcome.





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