



Dietary Patterns and Clinical Health Outcomes

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Message from the Guest Editors

Dear Colleagues,

Health and dietary patterns are a strict and complicated connection. Diet is, at the same time, a protecting and causal factor of diseases, and also a treatment for many clinical conditions. Classical influences on the health of dietary patterns have been identified as Mediterranean, vegetarian, low-fat, Western, etc., the quality of food and chemical contaminants per se that result from both environmental factors and the industrial procedures of production in food may independently have an impact on health outcomes. Another important question concerns whether dietary patterns have always had an independent effect on clinical health outcomes per se or if this is mediated by other conditions. Finally, different methods of investigation, ranging from clinical epidemiology to clinical trials of intervention, are now well-defined methods of research even in the field of modern clinical nutrition.

This Special Issue welcomes scientific contributions that consider all these aspects when investigating the clinical health outcomes of dietary factors and patterns that are probably the most important determinants of health.





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