



nutrients



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Eat More Healthily: Nutrition Quality and Nutrition Information of Foods

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Deadline for manuscript
submissions:

closed (5 February 2024)

Message from the Guest Editor

Dear Colleagues,

The abundance of unhealthy food on the market is an important limitation for consumers to pursue a healthy diet. Institutions are trying to promote programmes to improve the nutrition quality of food products. For this purpose, the study of the nutrient composition of foods in the market is required, as well as to classify foods as healthy or unhealthy. The latter is achieved by the use of nutrient profile/profiling models.

In addition to these efforts, consumers are provided with several tools to use on their own. The nutrition declaration is compulsory in many countries and front-of-pack labelling is being promoted to simplify the interpretation of the values displayed. Nutrition and health claims are also widely used by the industry.

This special issue aims at providing valuable research on these topics. Manuscripts on food nutrient composition and nutrient profile/profiling models are welcome to unveil the nutrition quality of foods in the market. In addition, works on nutrition information of foods for costumers, such as nutrition declaration, nutrition and health claims as well as front-of-pack labelling are also encouraged.



mdpi.com/si/134292

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