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## Vegetarian Nutrition in Health Improvement

Guest Editors:

**Dr. Luciana Baroni**

Scientific Society for Vegetarian Nutrition, Scientific Committee, Via Verdi 10/9, 30171 Mestre, VE, Italy

**Dr. Gianluca Rizzo**

Independent Researcher, Via Venezuela 66, 98121 Messina, Italy

Deadline for manuscript submissions:

**closed (5 April 2024)**

### Message from the Guest Editors

Dear Colleagues,

In this Special Issue dedicated to “Vegetarian Nutrition in Health Improvement”, we aim to expand the knowledge on the importance of a plant-based diet for public health.

The current literature suggests that vegetarian diets could be beneficial for the prevention and management of some chronic conditions, including metabolic diseases.

Vegetarian diets (i.e., lacto-ovo-vegetarian and vegan) have been recognized as adequate and healthy, but their effect on human health is still debated due to the limited available data.

In this context, your research represents an important source of evidence to detect healthy diets which are also globally sustainable. This could stimulate better prevention policies for the population.

We encourage the submission of human clinical studies or reviews based on them, avoiding preclinical and in vitro studies, with a margin of tolerance of studies on human cells.

Dr. Luciana Baroni

Dr. Gianluca Rizzo

*Guest Editors*



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**Special** *Issue*



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## 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

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

Tel: +41 61 683 77 34  
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