



Clinical Impact of Plant-Based Dietary Choices

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Message from the Guest Editors

The definition of what constitutes a healthy diet is constantly evolving; nevertheless, it is crucial to reflect on the role of various foods, essential nutrients, and other food components in health and disease. A large and growing body of evidence supports that the intake of certain types of nutrients, food groups specific to a plant-based diet positively affects health and promotes the prevention of common non-communicable diseases (NCDs). To better understand the clinical impact of plant-based dietary choices, it is important to map these outcomes. Evidence from previous epidemiological studies and clinical trials endorses that the risk of NCDs, including cardiovascular disease and cancer, is reduced due to a plant-based diet. This is why we look for articles that answer the following questions and themes:

- What are the clinical impacts and benefits of plant-based dietary choices on metabolic health and other non-communicable diseases?
- What are the clinical risks and benefits of plant-based dietary choices? How could possible risks be avoided? How can the potential benefits reach everyone and be optimally applied?





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