



## Health Research Methodology on Diet and Dietary Intake

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### Message from the Guest Editor

Dear Colleagues,

We are all aware that chronic non-communicable diseases are a significant public health problem of our time. Epidemiological data have confirmed that the majority of chronic diseases such as heart disease, cancer, and diabetes possess a critical nutrition component and that the connection between indicated diseases and nutrition is undeniable and strong. Strategies for managing chronic non-communicable diseases are usually multidimensional, and at the center of all approaches are dietary interventions, encouraging regular physical activity and other lifestyle modifications.

The role of nutrition in chronic non-communicable disease management is particularly crucial. To fully understand the significance of various dietary factors on the development and progression of today's main chronic non-communicable diseases, it is necessary to apply adequate health research methodology and to include different population populations in epidemiological studies. This approach is the only way to ensure the implementation of evidence-based nutritional public health interventions which can guarantee the effectiveness of implemented preventive and health promotion measures.





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