



Dietary Assessment for the Prevention and Treatment of Chronic Conditions

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Message from the Guest Editors

Poor or inadequate dietary habits have been recognized as well-established risk factors for many chronic diseases, such as obesity, coronary heart disease, cardiovascular disease, type 2 diabetes, and multiple types of cancer. Therefore, dietary assessment plays a key role in evaluating the link between diet and health status. Indeed, reporting or self-reporting actual or habitual intakes, including nutrient and non-nutrient intake, is fundamental to identifying potential deficiencies and monitoring dietary compliance.

In addition to disease, dietary assessment can be used to compare dietary patterns across population groups to highlight current and emerging trends.

The aim of this Special Issue is to provide the latest advances in dietary assessment, including the use of new data analysis techniques, tools, or e-tools to explore habitual dietary intake and, in particular, the relationship between foods or nutrients and chronic diseases in terms of prevention and treatment, highlighting the new insights. Original research articles, review articles, including systematic reviews and meta-analyses, and short communications of preliminary, but significant, results are welcome.





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