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The Association of Dietary Factors and Disease Risk

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Message from the Guest Editors

Dear Colleagues,

Food and beverages we consume play a crucial role in the overall health and wellbeing. Dietary factors, in fact, provide energy, nutrients and other components that, if provided in insufficient or excess amounts can result in ill health. Conditions that are mostly affected by diet include cardiovascular diseases, obesity, metabolic disorders, and nutritional deficiencies. However, ill health generally cannot be attributed to any one food component alone, but several diseases are mostly associated with the combination of different dietary factors. Moreover, the complex interplay between diet and other risk factors (e.g., environmental, behavioural, biological, societal and genetic factors) make it difficult to assess the contribution of nutrition to ill health. In this scenario, the purpose of this Special Issue is to add to the current knowledge evidence from original research, reviews and meta-analyses on the effect of dietary factors on human health and disease risk.

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Special Issue



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