



Effect of Environmentally Sustainable Diets on Human Health

Guest Editor:

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Message from the Guest Editor

Sustainable diets have been defined by the Food and Agriculture Organization (FAO) as diets with low environmental impact that contribute to food and nutritional security and a healthy life for present and future generations. This type of diet improves protection and respect for biodiversity and ecosystem

Key questions in the field include: What environmental impact is derived from each type of food? How can we identify health and environmental co-benefits derived from a sustainable diet? How can we identify promotion strategies that favor the implementation of sustainable dietary patterns?

This Special Issue will touch upon the many aspects that relate to health, with a focus on three different directions:

Combined effects of environmental pollution and diet behaviors on health.

Emerging environmental pollutants such as microplastics and classical physical factors such as radiation and particulate matter, which may have negative health effects.

The roles of environmentally sustainable diets in the prevention of environmental pollution-induced disorder.





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