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## Definition of Healthy Diet for Healthy People: Data from Epidemiological Studies

Guest Editors:

**Dr. Arrigo Cicero**

Atherosclerosis and Metabolic  
Disease Study Center, University  
of Bologna, 40138 Bologna, Italy

**Dr. Federica Fogacci**

Atherosclerosis and Metabolic  
Disease Study Center, University  
of Bologna, 40138 Bologna, Italy

**Prof. Dr. Claudio Borghi**

Atherosclerosis and Metabolic  
Disease Study Center, University  
of Bologna, 40138 Bologna, Italy

Deadline for manuscript  
submissions:

**closed (31 March 2022)**

### Message from the Guest Editors

Dear Colleagues,

A healthy diet prevents many chronic-degenerative diseases and ensures a healthy and long life. But what is a healthy diet? A large number of epidemiological studies provide data regarding dietary predictors of negative health outcomes. This Special Issue of *Nutrients*, entitled “Definition of Healthy Diet for Healthy People: Data From Epidemiological Studies” aims to sample a number of contribution by well-recognized experts in order to analyse the predictors of a good health and healthy aging, with the aim of defining the concept of a “positive nutrition”. Consensus documents, narrative reviews, systematic reviews, meta-analyses, and epidemiological trials resuming and reporting data on dietary components and dietary patterns associated with human longevity and good health in different geographical settings are welcome. Preclinical studies are also welcome, but only if they have a direct impact or relationship with human health and longevity.

Prof. Dr. Arrigo Cicero  
Dr. Federica Fogacci  
Prof. Dr. Claudio Borghi  
*Guest Editors*



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# Special Issue



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(CIBEROBN), Institute of Health  
Carlos III, 28029 Madrid, Spain  
2. Research Institute of  
Biomedical and Health Sciences  
(IUIBS), University of Las Palmas  
de Gran Canaria, 35001 Las  
Palmas, Spain  
3. Preventive Medicine Service,  
Centro Hospitalario Universitario  
Insular Materno Infantil (CHUIMI),  
Canarian Health Service, 35016  
Las Palmas, Spain

### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional  
Sciences, University of  
Connecticut, Storrs, CT 06269,  
USA

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*Nutrients* Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

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