



## Dietary Guidelines and Nutritional Education

Guest Editors:

**Dr. Santiago Navas-Carretero**

Department of Nutrition, Food Science and Physiology, Center for Nutrition Research, University of Navarra, 31008 Pamplona, Spain

**Dr. Moira A. Taylor**

School of Life Sciences, University of Nottingham

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### Message from the Guest Editors

Dear Colleagues,

Having knowledge and conducting research around nutrition does not necessarily mean that one is able to communicate that knowledge to the general public and encourage them to modify their nutrition behavior accordingly. This issue is of great importance, and it is thus mandatory to know how to communicate one's knowledge around nutrition to the general public, thereby making nutrition sciences available to and applicable for adults and children.

With this purpose, this Special Issue is targeted at both making knowledge available to a wider audience and, secondly, to bringing forth the most novel and up-to-date nutritional education.

Dr. Santiago Navas-Carretero

Dr. Moira A. Taylor

*Guest Editors*





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## Editors-in-Chief

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1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (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, Grosspeteranlage 5  
4052 Basel, Switzerland

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