



## Dietary Inflammatory Index and Non-communicable Disease Risk

Guest Editors:

**Prof. Dr. George Dedoussis**

Department of Nutrition and Dietetics, School of Health Science and Education, Harokopio University of Athens, 17671 Athens, Greece

**Dr. Maria G. Stathopoulou**

INSERM U1065, Centre Méditerranéen de Médecine Moléculaire C3M, Nice, France

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### Message from the Guest Editors

Chronic inflammation and the presence of pro-inflammatory cytokines are involved in the development of a large number of non-communicable diseases such as cardiovascular diseases, diabetes, chronic obstructive pulmonary disease, arthritis, cancer, and others. These diseases represent a very high burden on public health and are among the most significant causes of death and disability in the world.

For many years, strong associations have been observed between inflammation and inflammation-related chronic diseases and nutrition, either in whole or with specific food groups and components. The dietary inflammatory index is a useful dietary tool that categorizes the diet of individuals on a continuum from maximally pro-inflammatory to maximally anti-inflammatory. It is calculated from different dietary assessment tools like food frequency questionnaires and others and it is thus easily applicable. It has been associated with inflammation and inflammation-related diseases in some studies and is an active field of research in nutrition science.





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## Editors-in-Chief

### **Prof. Dr. Lluís Serra-Majem**

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

Tel: +41 61 683 77 34  
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