



The Healthiness and Sustainability of Food-Based Dietary Guidelines

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Deadline for manuscript submissions:

closed (28 May 2021)

Message from the Guest Editor

Dear Colleagues,

We are soliciting the submission of quality original research, review, and perspective papers addressing the healthiness, flexibility, and sustainability of food-based dietary guidelines and diet types (e.g., Mediterranean; Ketogenic; Vegan). There is a need for published research on and scientific evidence for the effects of food-based dietary recommendations on body and psychological health. Furthermore, evidence supporting whether and how food-based dietary guidelines and certain diet types increase resilience to cardio-metabolic and neuropsychiatric diseases is needed. Another key area of interest is whether food-based dietary guidelines can accommodate different and evolving circumstances and specific needs across various sub-groups (phenotypes) in the population.

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Guest Editor





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