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The Role of Dietary Guidelines in Health and Disease

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Message from the Guest Editor

Dear Colleagues,

We are pleased to announce the Special Issue of *Nutrients* entitled “The Role of Dietary Guidelines in Health and Disease.” Although general dietary guidelines, such as the Dietary Guidelines for Americans or the Taiwan Daily Food Guide, have been developed based on nutritional knowledge, few studies have examined the effectiveness of guideline adherence on health outcomes. This Special Issue aims to fill this gap by providing a platform for original research and literature reviews that examine the potential effects of general dietary guidelines on health outcomes. In addition, this Special Issue will also explore the specific health benefits of certain dietary guidelines, such as the Mediterranean diet or the Dietary Approaches to Stop Hypertension (DASH) diet. This Special Issue aims to provide a comprehensive understanding of the role of dietary guidelines in promoting health and preventing disease.



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Special Issue



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