



nutrients



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Plant-Based Diets for Human and Planetary Health from Diverse Food Cultures: Nutrient Adequacy and Health Effects

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Message from the Guest Editor

Plant-based diets (PBDs) have been recently advocated for, not only for controlling NCDs, but also for maintaining planetary health and food security. PBDs, focusing on whole foods from plants (but not completely limited to plants), may have the advantages of avoiding certain nutrient deficiencies and mitigating the harms from consuming too much animal-sourced and super-processed foods.

Since PBDs exist in various cultures and in different pockets of societies, this Special Issue invites reports examining nutrient adequacy and health effects of real-world plant-based diets, especially traditional diets from around the world. The methods should include a description of tasty and nutritious cultural foods which make wholesome PBD practices feasible and interesting.



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Message from the Editorial Board

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