



Impact of Food Choices on Environmental Sustainability and Human Health

Guest Editor:

Dr. Catherine L. Carpenter

UCLA Center for Human
Nutrition, David Geffen School of
Medicine, University of California,
Los Angeles, CA, USA

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Message from the Guest Editor

Dear Colleagues,

Food choices are complex and highly variable because they are influenced by many psychological, social, and cultural factors.

Understanding and changing human food choices and eating behaviors can help shape sustainable consumption and benefit the environment. Diets largely composed of fruits, vegetables, legumes, nuts and whole grains, combined with reduced meat consumption, can improve human health and protect the environment. These foods have a low carbon footprint and are associated with reduced disease risk for a variety of health outcomes.

The Special Issue entitled "Impact of Food Choices on Environmental Sustainability and Human Health", which is open for articles and commentary, presents reviews of existing literature, describes results from primary research in human and animal populations, presents results from environmental science in relation to food production and sustainability, and critically summarizes data from multiple investigations. Exploration of the interaction between food choices, environmental influences, and human health falls within the scope of this Special Issue.

Dr. Catherine L. Carpenter

Guest Editor





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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

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