



## Healthy Eating in Relation to National Dietary Guidelines

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submissions:

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### Message from the Guest Editors

Dear Colleagues,

Dietary guidelines commonly propose a set of recommendations related to the consumption of individual foods and/or food groups in sufficient quantities to meet nutrient intake based on life stage and sex, for both health promotion and chronic disease prevention. More recently developed national dietary guidelines have included holistic contexts for eating, by addressing food combinations (meals), food safety considerations, lifestyle factors, sustainability, and other aspects of eating.

We aim to bring together a selection of research manuscripts and reviews to showcase the latest evidence on the use of dietary guidelines to influence population eating patterns and promote healthy eating and diet quality at different life stages, as well as association with health and disease.

This Special Issue welcomes the submission of validation and experimental studies, as well as systematic reviews and meta-analyses coming from a wide range of disciplines (i.e., human nutrition and dietetics, public health, epidemiology, non-communicable chronic diseases).

Prof. Dr. Clare Collins  
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