



Frontier: Vegan Diets and Human Health

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Message from the Guest Editors

Dear Colleagues,

Vegan diets are gaining increasing popularity in society. In general, studies on vegan adults have shown multiple health benefits, such as a lower risk of obesity, cardiovascular diseases and type 2 diabetes. On the other hand, vegans may have an increased risk of deficiencies in certain nutrients, such as protein, iron, zinc, calcium, vitamin D, vitamin B12, iodine. In addition, the associations between vegan diets and certain health outcomes, such as osteoporosis and mental health, are yet to be studied. Further, there are concerns as to whether the dietary specifications required can be met for specific groups like children and pregnant women, and the long-term health effects among these groups are unknown.

Therefore, research on vegans is very timely, and the aim of this Special Issue is to present the current knowledge on vegans and vegan diets with a broad focus. Possible topics include, but are not limited to, attitudes and nutritional knowledge of vegans, eating behaviors and eating disorders among vegans, dietary intake and nutritional status of vegans, vegan diets and chronic disease risk, as well as vegan diets and environmental sustainability.





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