



Western Diet and Chronic Diseases

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Deadline for manuscript
submissions:

closed (31 March 2022)

Message from the Guest Editor

Dear Colleagues,

The aim of this special edition is to highlight less-familiar aspects of the Western diet that deserve more attention in public health campaigns targeting chronic diseases.

There are many components of the Western diet that contribute to its association with poor health. However, most public health campaigns still focus on sugar, salt and fat. The aim of this special edition is to discuss other important components of the Western diet. They might include specific foods or functionalities (such as effects on the gut microbiota, Maillard reaction products or ultraprocessed foods). These components can be considered in relation to specific chronic diseases, such as cardiovascular disease or cancer, or more generally by considering broader actions that influence many different chronic diseases, such as effects on chronic inflammation and insulin resistance. Both epidemiological and mechanistic approaches are useful.

By providing up-to-date assessments of these less-well-known aspects of the Western diet, these reports will help to inform future public health nutrition policies.

Dr. Richard Hoffman
Guest Editor





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Journal Rank: JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Food Science)

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