

Special Issue

Nutrition-Based Counseling and Interventions for Chronic Disease Prevention

Message from the Guest Editors

This Special Issue focuses on how individualized nutrition counseling, evidence-based dietary interventions, and educational strategies can help prevent or delay the onset of conditions. Contributions may cover a wide range of topics, including the development and implementation of counseling protocols, culturally sensitive approaches to nutrition education, the use of technology to support dietary behavior change, and the integration of nutritional services into primary care and public health systems. In addition to examining the physiological effects of diet, this Special Issue encourages submissions that address the psychological, behavioral, and social dimensions of nutritional interventions—such as motivation, adherence, and health literacy. The aim is to provide healthcare professionals with practical insights and research-based tools to design effective, nutrition-centered prevention strategies that empower individuals to make sustainable dietary changes, enhance their quality of life, and reduce chronic disease risk across the lifespan.

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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