



## Public Health Nutrition and Sustainable Food Systems

Guest Editors:

### Dr. Amira Kassis

Neat Science- Kassis Science  
Consulting, Scientific consulting,  
Route du Dally 46, 1618, Châtel-  
Saint-Denis, Fribourg,  
Switzerland

### Dr. Emma Jacquier

Emma Jacquier Consulting, Neat  
Science, Chemin du Champs  
Bochet 19, 1618, Châtel- Saint-  
Denis, Fribourg, Switzerland

### Prof. Dr. Leonidas G. Karagounis

Mary MacKillop Institute for  
Health Research (MMIHR),  
Australian Catholic University,  
Melbourne, VIC 3000, Australia

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### Message from the Guest Editors

Today, the definition of a healthy diet is evolving to include human health and the planet. Sustainable diets will play a crucial role in addressing human health while allowing environmental sustainability. Ensuring that global diets are both nutritious for individuals and ecologically sustainable.

While certain studies have examined the environmental footprint of specific foods, there is a lack of holistic assessments considering dietary patterns and their impact on ecosystems, biodiversity, and climate change. These research gaps hinder the development of evidence-based dietary guidelines that could drive a shift in dietary patterns to simultaneously prioritize human health and environmental sustainability. Filling this research gap means understanding the complex factors on overall health and the environment.

In this Special Issue, we welcome topics including sustainable nutrition and diets, but not limited to, the following:

- The life cycle analyses for environmental impact of food products and diets;
- Dietary intake studies that combine outcomes of health and sustainability;
- Evaluation of dietary guidelines in terms of their environmental impact.





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## Editor-in-Chief

### **Prof. Dr. Marc A. Rosen**

Faculty of Engineering and  
Applied Science, University of  
Ontario Institute of Technology,  
Oshawa, ON L1G 0C5, Canada

## Message from the Editor-in-Chief

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*Sustainability* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

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