



## Sustainable Food and Diets: For Better Nutrition, Health and Environment

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### Message from the Guest Editor

Dear Colleagues,

Malnutrition and escalating pressures on the resources and environment are two major challenges for development faced globally. Promoting sustainable food and diets (SFDs) helps optimize food consumption patterns, improve residents' nutrition and health, ensure food security, and alleviate pressures on resources and the environment, making it the optimal choice for sustainable development. Current research on sustainable food and healthy diets mostly focuses on global-level assessments and predictions, lacking specific and in-depth studies. This Special Issue aims to study sustainable and healthy diets comprehensively and systematically from three perspectives: theory, methodology, and application. Potential topics related to this Special Issue include, but are not limited to:

- Develop conceptual frameworks and theoretical foundations for SFD studies.
- Construct dietary supply systems for SFDs.
- Summarize the current status of SFD development.
- Explore pathways and mechanisms for achieving SFDs.
- Investigate influencing factors of SFDs.
- Analyze the health and environmental effects of SFDs.





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## Message from the Editor-in-Chief

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