



Recent Advances in Consumer Behaviour and Sustainable Food Service: Towards a Healthy Eating

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Message from the Guest Editors

Dear Colleagues,

Current recommendations highlight the need to change food consumption patterns towards a more healthy and sustainable behaviour, reducing animal food sources and increasing the consumption of plant-based foods, such as whole grains, pulses, nuts, fruits, and vegetables. The food service sector, which comprises the production of meals consumed outside the home, including consumers from all age groups and in different sectors, such as schools, public and private companies, the health sector, restaurants, and others, has a relevant role in promoting this change.

This Special Issue aims to promote the dissemination of current research in this field and innovative thinking on strategies to support behaviour change either in consumers or in food service stakeholders, aiming at complying with the sustainable development goals, to ensure a more healthy and more sustainable future.

In this Special Issue, original research articles and reviews are welcome. We look forward to receiving your contributions.

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