



Public Health and Sustainability in Food Consumption Habits

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Message from the Guest Editors

Food demand is increasing by demographics growth, dietary inadequacy is observed among the population with a high prevalence of malnutrition, with people starving and suffering from micronutrient deficiency; in parallel, unhealthy dietary habits and related lifestyle lead to health problems. Therefore, food consumption has an impact on public health, the environment, social cohesion, and the economy. Fixing food consumption will enable the management and achievement of several SDGs. The integration of health and food consumption habits according to sustainable aspects, both at an individual and a societal level, is needed.

This Special Issue aims to collect research articles regarding public health and sustainability, where food consumption habits play the role of bridging production–environment–health. Production provides food and impacts on the environment; the environment impacts on climate (greenhouse gases emissions) and health (via residues that cause soil, air, and water pollution and consequently dietary exposure); consumption impacts on the environment (production and non-food waste) and health (nutrition); and food demand impacts on production system.





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Message from the Editor-in-Chief

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