

Special Issue

Food Consumption and Human Health

Message from the Guest Editors

The developing world is undergoing a dramatic transition in food consumption. Diets which have traditionally been high in complex carbohydrates and fiber, are gradually being replaced by diets that are high in fat, saturated fat and sugars, but low in fiber. Such changing patterns of food consumption are always associated with epidemiological transitions. A number of studies have found that food consumption is significantly associated with human health, particularly overweight and obesity, child growth status, diabetes mellitus, cardiovascular disease and cancer. However, many issues are still unexplored. As such, multidisciplinary approaches need to be established to investigate the potential mechanisms between food consumption and human health, and comprehensive studies are required to address the impact of food quantity, dietary structure, meal location (e.g., food away from home or online food delivery) and preparation method on major diseases. Papers addressing these topics are invited for this Special Issue.

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Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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