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Dietary Patterns, Dietary Intake, Dietary Behaviours and Health

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Message from the Guest Editors

Dear Colleagues,

Eating a balanced variety of nutritious foods can help individuals to stay healthy. The associations between dietary intake, dietary patterns, dietary behaviours and health need to be further illustrated. This upcoming Special Issue will present a series of articles covering the topics dietary intake/patterns/behaviours and their relationship to undernutrition, overweight and obesity, hypertension, metabolic syndrome, diabetes, and so on. The main findings from these papers will provide solid evidence to underscore future policy making for improvements in nutrition among populations of all ages.

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Special Issue



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Message from the Editorial Board

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