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Dietary Guidelines and Nutritional Education

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Message from the Guest Editors

Dear Colleagues,

Having knowledge and conducting research around nutrition does not necessarily mean that one is able to communicate that knowledge to the general public and encourage them to modify their nutrition behavior accordingly. This issue is of great importance, and it is thus mandatory to know how to communicate one's knowledge around nutrition to the general public, thereby making nutrition sciences available to and applicable for adults and children.

With this purpose, this Special Issue is targeted at both making knowledge available to a wider audience and, secondly, to bringing forth the most novel and up-to-date nutritional education.

Dr. Santiago Navas-Carretero

Dr. Moira A. Taylor

Guest Editors



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Special Issue



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