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## Dietary Pattern and Nutrients Intake on Chronic Diseases

Guest Editor:

### Dr. Rosa Casas

1. Department of Internal Medicine, Hospital Clinic, Institut d'Investigació Biomèdica August Pi i Sunyer (IDIBAPS), University of Barcelona, Villarroel, 170, 08036 Barcelona, Spain  
2. Centro de Investigación Biomédica en Red de la Obesidad y la Nutrición (CIBEROBN), Instituto de Salud Carlos III, 28029 Madrid, Spain

Deadline for manuscript submissions:

**closed (15 October 2021)**

### Message from the Guest Editor

It is known that to reduce NCDs is to reduce risk factors associated with these diseases, mainly related to unhealthy diets, physical inactivity, and consumption of tobacco and alcohol. Thus, NCDs are strongly influenced by lifestyle. Several studies show that a diet offered in a sufficient (high content of essential nutrients), accessible, safe, and varied way not only prevents malnutrition but also reduces the risk of suffering from NCDs. Definitely, diet is the key element of prevention. Promotion of healthy lifestyles is necessary to combat NCDs.

The aim of this Special Issue is to identify and assess healthy dietary patterns as well as specific nutrients in the prevention and management of NCDs. Also, we want to identify gaps that could help with the identification of the underlying mechanisms involved in this protection.



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# Special Issue



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### **Prof. Dr. Lluís Serra-Majem**

1. Centro de Investigación  
Biomédica en Red Fisiopatología  
de la Obesidad y la Nutrición  
(CIBEROBN), Institute of Health  
Carlos III, 28029 Madrid, Spain  
2. Research Institute of  
Biomedical and Health Sciences  
(IUIBS), University of Las Palmas  
de Gran Canaria, 35001 Las  
Palmas, Spain  
3. Preventive Medicine Service,  
Centro Hospitalario Universitario  
Insular Materno Infantil (CHUIMI),  
Canarian Health Service, 35016  
Las Palmas, Spain

### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional  
Sciences, University of  
Connecticut, Storrs, CT 06269,  
USA

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*Nutrients* Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

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