



The Association between Dietary Intake, Food Consumption and Chronic Disease

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Message from the Guest Editor

Dear Colleagues,

Diet contributes to the development of many chronic conditions including obesity, cardiovascular diseases, hypertension, stroke, type 2 diabetes, liver disease, metabolic syndrome, some cancers, and neurological diseases. The prevalence of these conditions is proliferating not only in developing countries, but also in developed countries, accounting for a high proportion of deaths globally.

The studied dietary factors associated with chronic diseases include regional dietary patterns, the consumption of specific foods or food groups (i.e., whole grains, vegetables, red meats, dairy products, etc.), and the intake of macronutrients (fats, carbohydrates, protein, fiber), micronutrients (vitamins and minerals), and bioactive compounds (i.e., polyphenols, flavonoids, etc.). These relationships depend on several factors such as the dosage, time of exposition, bioavailability, and food preparation processes.

This Special Issue of *Healthcare* is dedicated to addressing the association between these dietary features and the prevalence/occurrence of chronic diseases, welcoming original research articles and reviews on humans and experimental models.





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Message from the Editor-in-Chief

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