



## Dietary Factors and Chronic Diseases: Recent Trends and Advances

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### Message from the Guest Editor

Dear Colleagues,

Diet is one of the most important modifiable lifestyle factors in human health and it has been recognized as a well-established risk factor for many chronic diseases such as coronary heart disease, cardiovascular disease, type 2 diabetes, and multiple types of cancer. Therefore, diet assessment is a crucial step to identify nutrient intake, in the context of the overall nutritional status evaluation, and to monitor the adherence to healthy habits.

In nutritional research, dietary habits can be evaluated at different levels comprising intake of nutrients, foods, food groups, and/or patterns, and measured in different ways such as by directly assessing what people eat (e.g., through the administration of food frequency questionnaires, food records or recalls), but also by measuring markers and/or specific metabolites in biological specimens trying to mitigate the inherent misreporting errors of self-reported methods. Indeed, inaccurate dietary assessment may be a serious obstacle of understanding the impact of dietary factors on disease, thus methods used for their evaluation should be carefully selected.





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## Message from the Editor-in-Chief

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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