



Nutritional Adequacy and Health Outcome

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Message from the Guest Editor

Dear Colleagues,

To maintain good health and prevent chronic diseases, adequate nutrition is essential. Adequate intake, a formal reference value, is the best scientific estimate of the amount of a nutrient that similar individuals should consume. It is determined not only by the food quality and access but also by knowledge and nutritional practice during life stages. For example, nutrition requirements vary in pregnancy and in the elderly and between men and women according to their bodies' physiological differences. Excessive consumption of some nutrients might be as unhealthy as not consuming enough. Therefore, adherence to healthy diets recommended in different life stages is necessary.

In this Special Issue on “Nutritional Adequacy and Health Outcome” of *IJERPH*, we welcome original articles that examine healthy diets, nutrients, or dietary patterns, in terms of adequacy and their associations with chronic disease, as well as related education and knowledge.





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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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