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The Role of Dietary Assessment and Nutritional Surveys in Human Health

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Message from the Guest Editors

Nutritional surveys are widely known as the most popular, efficient, and cost-effective method for investigating various health outcomes, and dietary assessments are central to the evaluation of diet–health relationships. Dietary assessment data are collected in different contexts, including epidemiological studies, clinical trials, and personalized nutrition plans. Furthermore, a broad range of dietary assessment tools have been used, from different questionnaires and biomarkers to omics and new digital tools. The advances in technological innovation and biomarkers along with traditional methods can potentially enhance the quality of dietary assessment data in future research. Furthermore, new technologies and digital tools for dietary assessment are promising areas to enhance dietary intake assessment by improving accuracy, reducing the burden on users, and enabling more comprehensive data analysis in clinical and/or epidemiological studies. This Special Issue aims to bring together novel dietary assessment methods and different perspectives in nutritional research to improve health.



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