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## The Impact of Food Choices, and Food Neophobia on Health and the Quality of Life

Guest Editor:

**Prof. Dr. Dominika Guzek**

Department of Food Market and  
Consumer Research, Institute of  
Human Nutrition Sciences,  
Warsaw University of Life  
Sciences (SGGW-WULS), 02-787  
Warsaw, Poland

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### Message from the Guest Editor

Food neophobia could play a crucial role in shaping an individual's food choices, health outcomes and quality of life, while the influence of food choices on health and the quality of life is also important.

In this Special Issue, we aim to present the relationship between food choices, food neophobia, and health outcomes, while also exploring their implications in an individual's quality of life. We invite original research articles, systematic reviews, and meta-analyses on the following topics:

- Consumer motivations and perception of food products, as well as the resulting food choices;
- Determinants of food neophobia and its association with food choices;
- The effects of food choices on the physical, mental, or social health outcomes;
- Food choices for prevention and treatment of diet-related diseases;
- The role of food neophobia in childhood, adolescence, and adulthood;
- Lifestyle strategies to promote beneficial food choices from childhood to an elderly age;
- Dietary guidelines and food choices that promote quality of life and well-being.



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# Special Issue



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Canarian Health Service, 35016  
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### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional  
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Connecticut, Storrs, CT 06269,  
USA

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