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## Evidence-Based Nutritional Intervention to Enhance the Health and Well-Being of Indigenous and Multi-ethnic Populations

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Deadline for manuscript submissions:

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### Message from the Guest Editors

Dietary practices are shaped by a diverse cultural tapestry; however, most dietary recommendations overlook the significance of socio-cultural factors, favoring guidance based on mainstream dietary habits. Indigenous and multi-ethnic communities often face health disparities due to limited access to culturally appropriate nutrition and healthcare support, leading to higher rates of chronic illnesses and reduced life expectancy. It is crucial to address these gaps not only because health equity is inherently valuable, but also to foster inclusivity and support a better quality of life for all.

This Special Issue aims to showcase the latest knowledge related to evidence-based nutritional interventions tailored to indigenous and multi-ethnic populations, contributing to the development of targeted strategies that promote health and well-being in these communities. We are seeking submissions of original research and high-quality reviews to further broaden the knowledge in this critical area.



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# Special Issue



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