



Vegetarian Nutrition in Health Improvement

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Message from the Guest Editors

Dear Colleagues,

In this Special Issue dedicated to “Vegetarian Nutrition in Health Improvement”, we aim to expand the knowledge on the importance of a plant-based diet for public health.

The current literature suggests that vegetarian diets could be beneficial for the prevention and management of some chronic conditions, including metabolic diseases.

Vegetarian diets (i.e., lacto-ovo-vegetarian and vegan) have been recognized as adequate and healthy, but their effect on human health is still debated due to the limited available data.

In this context, your research represents an important source of evidence to detect healthy diets which are also globally sustainable. This could stimulate better prevention policies for the population.

We encourage the submission of human clinical studies or reviews based on them, avoiding preclinical and in vitro studies, with a margin of tolerance of studies on human cells.

Dr. Luciana Baroni

Dr. Gianluca Rizzo

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