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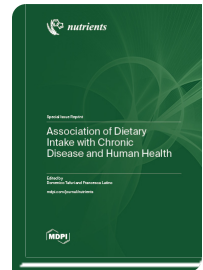
Special Issue Reprint

Association of Dietary Intake with Chronic Disease and Human Health

www.mdpi.com/books/reprint/11059

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ISBN 978-3-7258-3657-4 (Hardback)
ISBN 978-3-7258-3658-1 (PDF)



Chronic diseases represent one of the most pressing global health challenges, placing an immense burden on individuals and posing significant challenges to healthcare systems. While their development is influenced by multiple factors, an increasing amount of evidence highlights the pivotal role of diet and lifestyle in both prevention and management. Understanding how dietary interventions mitigate chronic conditions is essential for developing effective, sustainable health strategies. A balanced diet is widely recognized as a key factor in reducing the risk of chronic metabolic diseases, offering a sustainable and accessible approach to disease prevention and health promotion. While the etiology of chronic disease is complex, many chronic conditions can be mitigated through lifelong adherence to healthy lifestyle practices. Effective management strategies are inherently multidimensional, integrating dietary interventions, regular physical activity, and broader lifestyle modifications. Among these, nutrition plays a pivotal role as it represents a modifiable risk factor for the onset and progression of numerous chronic diseases, whether occurring as isolated conditions or in comorbid states. This Special Issue garners selected contributions that not only explore the scientific underpinnings of dietary interventions but also emphasize the translation of experimental findings into practical, real-world applications. By bridging scientific research with practical applications, this Special Issue will provide significant insights into the development of evidence-based strategies for chronic disease prevention and management.



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