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Special Issue Reprint

Nutritional Epidemiology of Non-communicable Diseases

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This Special Issue of *Nutrients*, guest-edited by Prof. Dr. Hassan Vatanparast from the University of Saskatchewan, brings together cutting-edge research exploring the intersection of dietary patterns, nutrient intake, and the epidemiology of non-communicable diseases (NCDs). With chronic diseases such as cardiovascular disease, cancer, diabetes, and metabolic disorders continuing to dominate global health burdens, this collection of feature papers provides timely insights into how long-term dietary exposures influence disease risk and prevention. The eight articles in this issue span a diverse range of topics, from the role of vitamin D in hypertension prevention to the health impacts of plant-based diets, wine consumption, and cholesterol-lowering dietary patterns. Several studies utilize national nutrition survey data, offering population-level perspectives on nutrient adequacy, immigrant health disparities, and gender-based dietary differences. Others delve into specific biomarkers and screening tools, such as the SarQoL questionnaire for sarcopenic obesity. Together, these contributions underscore the power of nutritional epidemiology to inform public health strategies, guide dietary recommendations, and support sustainable health outcomes. This Special Issue serves as a valuable resource for researchers, clinicians, and policymakers aiming to reduce the global burden of diet-related chronic diseases through evidence-based interventions.

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