



**nutrients**



*Special Issue Reprint*

## **Healthy Nutrition as the Key Reference in Special Diets, Quality of Life, and Sustainability**

[www.mdpi.com/books/reprint/9910](http://www.mdpi.com/books/reprint/9910)

Edited by

António Raposo

Renata Puppim Zandonadi

Raquel Braz Assunção Botelho

ISBN 978-3-7258-2112-9 (Hardback)

ISBN 978-3-7258-2111-2 (PDF)



Eating is about how we relate to food in various contexts, and it is influenced by difficult choices that take into account biological, social, cultural, economic, psychological, and access-to-food-related aspects. As a result, eating decisions go beyond basic physiological and nutritional requirements. They may occasionally be conscious, but they can also be automatic, habitual, or subconscious. In these ways, eating is a complicated amalgam of ingrained habits, social norms, and acquired attitudes and feelings toward food. Despite being a long-standing international human right, not everyone has access to enough food. As a result, this reprint seeks original research studies and reviews on the following topics: special diets; dietary restrictions; dietary patterns; gluten-free diets; sugar restriction; salt restriction; vegan diets; vegetarian diets; quality of life; and sustainability.



Order Your Print Copy  
You can order print copies at  
[www.mdpi.com/books/reprint/9910](http://www.mdpi.com/books/reprint/9910)

MDPI Books offers quality open access book publishing to promote the exchange of ideas and knowledge in a globalized world. MDPI Books encompasses all the benefits of open access – high availability and visibility, as well as wide and rapid dissemination. With MDPI Books, you can complement the digital version of your work with a high quality printed counterpart.



### **Open Access**

Your scholarly work is accessible worldwide without any restrictions. All authors retain the copyright for their work distributed under the terms of the Creative Commons Attribution License.



### **Author Focus**

Authors and editors profit from MDPI's over two decades of experience in open access publishing, our customized personal support throughout the entire publication process, and competitive processing charges as well as unique contributor discounts on book purchases.



### **High Quality & Rapid Publication**

MDPI ensures a thorough review for all published items and provides a fast publication procedure. State-of-the-art research and time-sensitive topics are released with a minimum amount of delay.



### **High Visibility**

Due to our global network and well-known channel partners, we ensure maximum visibility and broad dissemination. Title information of books is sent to international indexing databases and archives, such as the Directory of Open Access Books (DOAB), and the Verzeichnis Lieferbarer Bücher (VLB).



### **Print on Demand and Multiple Formats**

MDPI Books are available for purchase and to read online at any time. Our print-on-demand service offers a sustainable, cost-effective and fast way to publish MDPI Books printed versions.