

Advances in a healthy diet

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Journal of Food and Clinical Nutrition is an open access peer reviewed journal that publishes recent research developments made in the field of food science and nutrition biology. In nutrition, diet is the sum of food consumed by a person or other organism. The word diet often implies the use of specific intake of nutrition for health or weight-management reasons (with the two often being related). Although humans are omnivores, each culture and each person holds some food preferences or some food taboos. This may be due to personal tastes or ethical reasons. Individual dietary choices may be more or less healthy.

The journal focuses mainly on multiple aspects of nutrition, dietetics and their application in clinical nutrition, sports nutrition and public health. Complete nutrition requires ingestion and absorption of vitamins, minerals, essential amino acids from protein and essential fatty acids from fat-containing food, also food energy in the form of carbohydrate, protein, and fat. Dietary habits and choices play a significant role in the quality of life, health and longevity.

A healthy diet may improve or maintain optimal health. In developed countries, affluence enables unconstrained caloric intake and possibly inappropriate food choices. Health agencies recommend that people maintain a normal weight by limiting consumption of energy-dense foods and sugary drinks, eating plant-based food, limiting consumption of red and processed meat, and limiting alcohol intake.

The Dietary Guidelines for Americans is an evidence-based information source that policy makers and health professionals use to advise the general public about healthy nutrition. It also

Journal of Food and Clinical Nutrition has editorial tracking system which focuses on obesity, alcoholism, addiction, smoking, Dietary behaviors, Mediterranean diet, uses of plant based diet, fats and cholesterol risks due to food habits etc are mostly focused to publish in the upcoming issue in future. Many people choose to forgo food from animal sources to varying degrees (e.g. flexitarianism, pescetarianism vegetarianism, veganism) for health reasons, issues surrounding morality, or to reduce their personal impact on the environment, although some of the public assumptions about which diets have lower impacts are known to be incorrect.

Journal of Food and Clinical Nutrition has editorial tracking system which made the authors easy to track their manuscript soon after the submission. A particular diet may be chosen to promote weight loss or weight gain. Changing a subject's dietary intake, or "going on a diet", can change the energy balance and increase or decrease the amount of fat stored by the body. The terms "healthy diet" and "diet for weight management" are often related, as the two promote healthy weight management. If a person is overweight or obese, changing to a diet and lifestyle that allows them to burn more calories than they consume may improve their overall health, possibly preventing diseases that are attributed in part to weight, including heart disease and diabetes. Conversely, if a person is underweight due to illness or malnutrition, they may change their diet to promote weight gain. Intentional changes in weight, though often beneficial, can be potentially harmful to the body if they occur too rapidly. Eating disorders affect people of every gender, age, socioeconomic status, and body size.

This journal aspires to be vibrant, engaging and accessible, and at the same time integrative and challenging. Some cultures and religions have restrictions concerning what foods are acceptable in their diet. For example, only Kosher foods are permitted in Judaism, and Halal foods in Islam. Although Buddhists are generally vegetarians, the practice varies and meat-eating may be permitted depending on the sects.

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