

## ***Dietetics and promotion of adequate and healthy eating***

With great satisfaction, we present this themed issue dedicated to Dietetics, an area of knowledge that studies food at the intersection of science, culture and sustainability. Meal preparation, one of the most fundamental human activities, involves a complex chain of decisions and practices that range from the choice of ingredients to the final preparation, reflecting social, economic, environmental and cultural determinants. As a field of study, Dietetics investigates these food transformations, aiming to guarantee meals that provide adequate energy, nutrients and bioactive compounds, while ensuring food safety, sensory satisfaction and respect for traditions and cultures. This thematic issue brings together contributions that highlight the relevance of dietetics in health promotion, disease prevention and the development of sustainable food systems, aligned with the Human Right to Adequate and Healthy Food (HRAHF) and Food Sovereignty.

Dietetics is a multidisciplinary field that integrates knowledge from the natural, humanities and social sciences. This plurality allows for a holistic approach to food consumption, food systems and public policies that influence dietary practices. In this issue, we explore how dietetics can address urgent global challenges such as climate change, food insecurity and the epidemic of non-communicable chronic diseases. By engaging with traditional and scientific knowledge, Dietetics positions itself as a strategic area for consistent progress toward a healthier, fairer, and more sustainable future.

This themed issue has 17 articles and was organized with the support of the Special Interest Group in Dietetics (SIG-Dietética), which comprises professors from various Brazilian institutions who are dedicated to disseminating and updating knowledge in this field, promoting scientific exchange and dialogue with society, and strengthening professional training.<sup>1</sup>

Education in Dietetics, for example, is crucial to prepare future registered dietitian nutritionists to act in a reflective and contextualized manner, overcoming reductionist approaches focused solely on calculations and prescriptions. It is essential to adopt an intersectional and sensitive perspective that recognizes human complexities and the multiple dimensions that influence eating practices, such as gender, race, and culture. By identifying and confronting structural oppressions and inequalities in eating, nutritionists promote food care that values subjectivity and diversity, integrating biological, social, cultural and emotional aspects. This broad approach is fundamental to a truly inclusive diet.

This issue highlights studies that explore transformations in the food matrix, investigating the influence of culinary processes on nutritional composition, physicochemical properties and their effects on health. The appreciation of regional foods and traditional ingredients is a recurring theme, focusing on optimizing preparation, health, environmental sustainability and the development of territories. It also addresses the importance of strengthening the interdependence between food and food systems, considering the environmental impacts generated at every stage.

Dietetics plays a central role in tackling one of the greatest contemporary challenges: providing a healthy and sustainable diet for a growing global population. In this context, diagnostic and intervention

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<sup>1</sup> SIG-Dietética's agenda is available at RUTE (<https://rcc.rnp.br/RUTE/sigs>) and LASSAN (<https://redelassan.com.br/>)

programs and tools, along with evidence-based dietary practices, support precise and contextualized interventions, promoting individual and collective health.

The importance of cooking skills is also discussed. The ability to prepare meals with fresh and minimally processed foods improves diet quality, reducing the consumption of ultra-processed foods. In addition to the health benefits, cooking skills strengthen social and cultural connections, preserve family traditions and promote commensality. However, barriers such as lack of time, gender inequality and reliance on convenience foods still limit the practice of cooking in many spaces.

We hope that the reflections and studies presented in this special issue will inspire new advances in the field of Dietetics and strengthen the dialogue between science, society and public policies. May this issue be a call for action, reinforcing our commitment to promoting adequate and healthy food, defending the HRAHF and building a more sustainable and inclusive future.

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