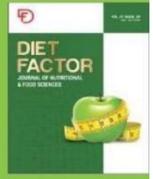




# DIET FACTOR

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## Editorial

# Welcome Note From the Editor-in-Chief

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It gives me immense pleasure to welcome you to our new journal, Diet Factor, a journal of diet and nutritional sciences. This journal is initiated with an intention of creating, gathering, introducing and sharing the latest knowledge, nutritional value of different foods, healthy dietary practices, dietary habits and its consequences on health as well as research related to food sciences technology, preservation methods for food, increasing shelf life of edibles, storage and production of nutritious food and preservation of its nutrients. As we all know that, 'Prevention is better than cure', selection of healthy food with good nutrition value can prevent diseases. Food is a compulsory component of everyone's life and a healthy diet is a major key for a healthy life.

Healthy diet keeps you healthy, energetic and boosts your mood. Composition of food, its macronutrients such as protein, carbohydrates, fats and fiber as well as micronutrients i.e., calcium, magnesium, iron, zinc and vitamins are very important to be taken in balanced amount. Similarly, processed food should be replaced by natural diet. However, it is also necessary to preserve the food, increase the shelf life and process it in such a way that the nutritious value is maintained and it can be kept for longer durations to withstand higher temperature and moisture conditions. In this way, wastage of food is avoided, it can be used for longer durations, and provide the same nutrition.

We intend to publish high quality research in the above-mentioned areas. Researches will be published as original research, review articles, letter to the editor and case control studies. This inaugural issue will provide a flavor of up-to-date researches in diet, nutrition and food sciences on national and international level. We hope to receive a lot of publications in this field and our strong editorial board and reviewers will work together to make it a great success! Suggestions and comments to improve this journal are always welcome from the authors and readers.

