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ABOUT THE JOURNAL

International Journal of Nutrition and Lifestyle is an open-access, peer-reviewed online journal that publishes high-quality research papers. It's a scientific research journal devoted to original articles based on Experimental / Community / Clinical Nutrition & Lifestyle-related research or practices that contribute to holistic Health & Wellness of human beings.

Language of Journal: English

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Frequency of Publication: Quarterly (March, June, September, December)

Aim of the journal

- The prime objective of the International Journal of Nutrition and Lifestyle is to provide a platform to highlight quality research by eminent researchers in the field of Nutrition and Lifestyle contributing to Holistic Health and Wellness. We aim to facilitate students & researchers from academic & clinical fields; to share and publish their knowledge & scientifically proven practices with fellow researchers as well as policy- makers.

Scope of the journal

- The scope covers all research related to holistic wellness that includes physical, mental, social, emotional, and spiritual wellness of a human being leading to a higher Happiness Quotient
- The Journal covers all types of research work in the field of Dietary practices/guidelines, Diet and Disease, Dietary Surveys, Clinical Nutritional Interventions, Public Health Nutrition, Nutrigenomics, Molecular Nutrition, Food Processing and Technology, New Product Development, Value Added Food Products, Nutritional Epidemiology, Weight Management, Organic & Agri-based Food Researches, Food Biotechnology & all relevant health-based studies
- Lifestyle based researches including Yoga, Exercise, and Herbal medicinal researches are also included

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