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Nutrition related chronic noncommunicable diseases are considered major causes for morbidity and mortality. Unbalanced diet and malnutrition among other behavioral and lifestyle determinants are modifiable risk factors for the development of obesity, metabolic disorders, cardiovascular diseases and cancer, which cause around half of the global burden of disease.

Nutrition transition over the last few decades was characterized by different drastic dietary changes. These include a shift towards high energy density with low proportion of foods of plant origin; high consumption of fat and fatty foods and in parallel low consumption of vegetables, pulses, and cereals. Such diet profile proved to be inadequate to meet the physiological needs for various micronutrients and so provide insufficient basis for health promotion and disease prevention.

Main purpose of the 14th EANS symposium was to raise awareness and interest in the health benefits of the diet diversification and of informed food choice as determinants of promising food based dietary guidelines.

This annual EANS meeting took place at the University of Vienna on May 14/15, 2004. This issue of ‘Forum of Nutrition’ comprises the proceedings of nearly all relevant presentations. Therefore, I would like to thank all the authors, who helped by delivering their manuscripts in time and enabled us to publish the proceedings without major delays.

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Professor I. Elmadfa
EANS President