

The NAJFNR

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Editor's Quote

"The Mediterranean diet, known to maintain good health and promote longevity, has been gradually abandoned by populations in Southern Europe, North Africa, and the Near East as reported by the F.A.O. High rates of overweight and obesity, as reported by several studies, are not limited to the European Mediterranean countries (Greece, Italy, Spain, Portugal) and recalls what the W.H.O. says for two years: emerging economies are increasingly affected.

During the last few decades, there has been a great interest in the field of nutrition and health. *The North African Journal of Food and Nutrition Research* aims to encourage scientists and physicians of all fields to publish their works in order to promote nutrition and education among all concerned communities in North Africa. Furthermore, the purpose of the journal is to provide balanced, reliable, and updated data for researchers and health care professionals to facilitate decisions and management of metabolic diseases related to nutritional status."

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