Editorial

Nutrition and Food Sciences: Fascinating and Challenging

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Nutrition is an intriguing science, while nutrition scientists try to find out the complicated interactions among socio-economic parameters, diet and health at different levels, from cell to society. Almost everybody believes that he/she knows many things about nutrition and foods, and gives dietary advice to others on occasion. Though this situation might seem struggling and challenging for nutritionists at the first glance, it certainly shows how fascinating, crucial and applicable is this branch of science to the everyday life. The unique issues of nutrition have been a tremendous stimulus for many scientists and practitioners throughout the world to conduct experiments aiming to answer some of the countless questions on different aspects of the inter-relationship between diet and disease and/or well-being.

We are very much delighted that after a couple of years of continuous hard work, finally, the first issue of the "*Journal of Nutrition and Food Sciences Research (JNFSR)*" is released, aiming to disseminate the newest findings on the comprehensive aspects of nutrition and food sciences from the research works conducted all over the world with special interest in the region of western Asia. National reports with domestic applications are also welcomed.

We believe that the publication of this journal will be a strong encouragement for all post-graduate health-related students, nutritionists, and all others involved in researches with a strong link to nutrition and food in the region. Hence, we do need your support by submitting manuscripts and research work reports in the mentioned fields, as well as providing your invaluable comments. Finally, we are hoping that this journal can act as a "bridge" to exchange scientific findings among the scientists of the related fields.

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