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Dietary Behaviours during Young Adulthood

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Deadline for manuscript
submissions:

closed (31 December 2018)

Message from the Guest Editor

Dear Colleagues,

Young adults (18–35 years) are on a weight gain trajectory, which is placing them at increased risk of heart disease, cancer, and diabetes. Poor dietary behaviours among young adults, including low intake of fruit and vegetables, and high intake of foods prepared outside the home, and sugar-sweetened beverages, are key factors contributing to this weight gain trajectory. Young adulthood however is a transitional life stage including many significant life changes, such as leaving the family home, commencing university or entering the workforce. Therefore, there are potentially many factors influencing young adults eating habits, and our ability to intervene to improve them.

Dr. Melinda J. Hutchesson

Guest Editor



mdpi.com/si/12613

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Journal Rank: JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Food Science)

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