

Special Issue

Assessing and Improving Diet Quality in Pediatric and Public Health Nutrition

Message from the Guest Editors

Poor diet quality remains one of the main causes of childhood obesity, impaired nutritional status and diet-related non-communicable diseases in children. Understanding and improving dietary habits from childhood to adolescence is critical to long-term health outcomes. This Special Issue addresses the challenges of assessing the quality of nutrition in the pediatric population and provides insight into their dietary habits. It also presents multidisciplinary research that evaluates the impact of nutritional strategies and programs, and explores innovative interventions and educations to improve the diet quality of children and adolescents. Therefore, the Special Issue welcomes submissions of original research articles, review articles, systematic reviews and meta-analyses related to diet quality metrics and public health nutrition strategies and interventions. This Special Issue provides an opportunity for researchers, practitioners and policy makers to share knowledge, insights and evidence that will help shape a healthier diet for future generations. We look forward to receiving your contributions.

Guest Editors

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Dr. Sara Sila

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Deadline for manuscript submissions

closed (20 January 2026)



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About the Journal

Message from the Editor-in-Chief

You are invited to contribute a research article or comprehensive review for consideration and publication in *Children* (ISSN 2227-9067). *Children* is an open access journal—research articles, reviews, and other content are published online immediately after acceptance. The scientific community and the general public have unlimited free access to the content as soon as it is published. The journal focuses on sharing clinical, epidemiological, and translational science relevant to children's health. We would be pleased to welcome you as one of our authors.

Editor-in-Chief

Prof. Dr. Paul R. Carney

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