

Special Issue

Recent Advances in Understanding Human Appetite: From Metrics to Influential Factors and Their Effects on Eating Behaviour

Message from the Guest Editors

Consuming sufficient food to maintain energy stores is necessary for the survival of all living species including humans. Yet, appetite, the system that influences energy intake, is influenced by psychological, physiological and neural signals, which make humans vulnerable to under- as well as overconsumption. To understand the complex nature of human appetite, it is necessary to study the various homeostatic and hedonic drivers (and their interactions) involved in the regulation of eating, along with the characteristics that differentiate healthy intake behavior from consumption below and above physiological needs. Of equal importance to the study of appetite are proper (reliable and valid) means for its measurement, no matter if the focus is on measuring the explicit subjective response either in isolation or in combination with implicit measures, or endocrine or neural biomarkers (to mention a few examples). In this Special Issue, we aim to bring together research that contributes to a state-of-the-art understanding of human appetite, its measurement, and implications for eating behavior.

Guest Editors

Prof. Dr. Derek V. Byrne

Food Quality Perception and Society, iSenseLab, Department of Food Science, Aarhus University, Agro Food Park 48, DK-8200 Aarhus, Denmark

Dr. Barbara Vad Andersen

Food Quality Perception and Society, iSenseLab, Department of Food Science, Aarhus University, Agro Food Park 48, DK-8200 Aarhus, Denmark

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Editorial Office

MDPI, Grosspeteranlage 5

4052 Basel, Switzerland

Tel: +41 61 683 77 34

foods@mdpi.com

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Message from the Editor-in-Chief

Foods (ISSN 2304-8158) is an open access and peer reviewed scientific journal that publishes original articles, critical reviews, case reports, and short communications on food science. Articles are released monthly online, with unlimited free access. Currently, *Foods* has been indexed by the Science Citation Index Expanded (SCIE - Web of Science), PubMed, and Scopus. Our aim is to encourage scientists, researchers, and other food professionals to publish their experimental and theoretical results as much detail as possible. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global food science community.

Editor-in-Chief

Prof. Dr. Arun K. Bhunia

1. Department of Food Science, Purdue University, West Lafayette, IN 47907, USA

2. Department of Comparative Pathobiology, Purdue University, West Lafayette, IN 47907, USA

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