

Special Issue

Healthy Nutrition for Children and Adolescents: Risks and Health Consequences

Message from the Guest Editors

This Special Issue aims to understand and address modern challenges in the nutrition of children and adolescents, such as being overweight, obesity, malnutrition, unhealthy eating habits, as well as disorders like food neophobia and ARFID (Avoidant/Restrictive Food Intake Disorder). The consequences of these issues extend beyond physical health, affecting the quality of life, social development, and educational potential of young individuals, while also increasing the risk of chronic diseases in adulthood. In this Special Issue, original research articles and reviews are welcome. Research areas may include (but are not limited to) the following:

- The importance of proper nutrition in the physical and mental development of children and adolescents.
- Risks associated with an unhealthy diet, including obesity, nutrient deficiencies, and eating disorders.
- Food neophobia and ARFID – causes, diagnosis, health, and social consequences.
- The role of functional foods and bioactive components in the diets of young people.
- Prevention of diet-related diseases among children and adolescents.
- Nutrition education as key to health prevention.

Guest Editors

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About the Journal

Message from the Editor-in-Chief

Healthcare is an international, peerreviewed, open access, multidisciplinary journal. Original research articles, short communications, review articles, and symposium highlights are welcomed.

Healthcare hopes to influence global health and disease aspects, and hopes to gain high visibility and acceptance by the scientific and healthcare community and will dedicate itself to covering special and specific topics in special issues.

We would be pleased to welcome you as one of our authors.

Editor-in-Chief

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manuscripts are peer-reviewed and a first decision is provided to authors approximately 21.5 days after submission; acceptance to publication is undertaken in 2.9 days (median values for papers published in this journal in the first half of 2026).