

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, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

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