

Special Issue

Nutritional Management of Adults with Obesity

Message from the Guest Editors

Clinical obesity management is quite complex. A multidimensional approach should ideally be adopted that involves a combination of various therapeutic approaches, including lifestyle modification, dietary intervention, the promotion of physical activity and exercise, behavioral modifications, pharmacotherapy, and bariatric procedures (nonsurgical and/or surgical procedures). Dietary intervention has always been one of the fundamental pillars of obesity treatment.

The purpose of this Special Issue is to discuss matters associated with obesity and its management, with a particular focus on the nutritional management of adults with obesity.

The scope of this Special Issue is deliberately broad to encourage the coverage of a wide range of topics and perspectives related to the nutritional management of adults with obesity. Therefore, this Special Issue welcomes the submission of a wide range of original research and review articles focusing on the nutritional management of adults with obesity.

We would like to invite you to submit papers thematically connected to the scope of this Special Issue.

Guest Editors

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You are invited to contribute a research article or a comprehensive review for consideration and publication in *Medicina* (ISSN: 1648-9144). *Medicina* is an open access, peer-reviewed scientific journal that publishes original articles, critical reviews, research notes, and short communications on medicine. The scientific community and the general public can access the content free of charge as soon as it is published.

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