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Dietary Strategies for Obesity

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Deadline for manuscript
submissions:

15 August 2024

Message from the Guest Editors

Obesity is a complex issue that is associated with a range of noncommunicable conditions, including non-alcoholic fatty liver disease, cardiovascular disease, diabetes mellitus, chronic kidney disease, and mental health conditions. Obesity is largely preventable; however, there are a range of social, environmental, biological, and individual factors to consider that contribute to weight gain across the lifespan.

Lifestyle interventions, including dietary strategies, are an important piece of the puzzle when it comes to the prevention and management of obesity. In this Special Issue, we welcome original articles, short communications, and reviews of the scientific literature, including systematic reviews and meta-analyses. The proposed manuscripts should cover evidence-based dietary strategies for obesity and can be related to any aspect of the prevention or management of obesity across the human lifespan, with special interest areas including children, youth, and pregnancy.



mdpi.com/si/177251

Special Issue



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Journal Rank: JCR - Q1 (*Nutrition & Dietetics*) / CiteScore - Q1 (*Nutrition and Dietetics*)

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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