



nutrients



an Open Access Journal by MDPI

Dietary Management of Weight Loss

Guest Editor:

Dr. Teodora Handjieva-Darlenska

Department of Pharmacology
and Toxicology, Medical Faculty,
Medical University of Sofia, 1000
Sofia, Bulgaria

Deadline for manuscript
submissions:

closed (25 May 2024)

Message from the Guest Editor

Overweight and obesity are global problems. It is a chronic relapsing disease that can lead to numerous chronic diseases, affecting quality of life and leading to psychological problems. Additionally, successful treatment will have an important impact on medical resource utilization, healthcare costs, and patient quality of life as well as increased life span. The combination of a high-calorie diet and lack of exercise is the biggest contributor to obesity. Which diets result in safe weight loss, have positive long-term consequences for chronic disease risk factors, and are sustainable in the long term for weight maintenance? This question has only been partially answered. We hope to collect more quality diet strategies that can lead to effective weight loss and weight maintenance.

This Special Issue will include manuscripts that focus on the knowledge of dietary management involved in the prevention and treatment of obesity.



mdpi.com/si/188110

Special *Issue*



an Open Access Journal by MDPI

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank: JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Food Science)

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.

Contact Us

Nutrients Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/nutrients
nutrients@mdpi.com
X@Nutrients_MDPI