



*nutrients*



an Open Access Journal by MDPI

## Dietary and Nutritional Assessment in Children

Guest Editor:

**Dr. Enju Liu**

Division of Gastroenterology,  
Hepatology and Nutrition,  
Boston Children's Hospital,  
Boston, MA 02115, USA

Deadline for manuscript  
submissions:

**closed (20 February 2025)**

### Message from the Guest Editor

Children are in a critical period of rapid physical and intellectual development. An adequate intake of protein, carbohydrates, fats, vitamins, and minerals are necessary to ensure optimal child growth. In addition, nutritious foods improve cognitive function. A healthy diet also prevents child obesity, reducing the risk of cardiovascular disease, diabetes, and cancers in later life. Therefore, providing infants and children with a balanced diet is critical to support their physical and mental growth and development.

This Special Issue welcomes manuscript submissions of original research, meta-analyses, or reviews of the scientific literature. Manuscripts can focus on the effects of dietary factors and the provision of nutritional supplements to pregnant women and/or children on children's health outcomes in clinical, epidemiological, or experimental studies. Research focused on dietary assessment and innovative nutritional assessments with the use of body composition measures, biochemical markers, and nutritional metabolomics during pregnancy, infancy, and childhood are also welcome.



[mdpi.com/si/166792](https://mdpi.com/si/166792)

**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 (Nutrition and Dietetics)

## Contact Us

---

*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

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

mdpi.com/journal/nutrients  
nutrients@mdpi.com  
X@Nutrients\_MDPI