



Diet, Weight Control, and Cardiometabolic Risks in Adults

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Message from the Guest Editor

Although nutrition and health status has improved over the last few decades, many countries are facing an increased burden of obesity and communicable diseases related to population aging and lifestyle changes. Globally, according to the WHO, 1.9 billion people are overweight or obese, and excess weight contributes to 2.5 million deaths each year; furthermore, approximately 167 million people will become less healthy as a result of overweight or obese by 2025. This could lead to high risks of cardiometabolic factors and a range of noncommunicable diseases, such as cardiovascular disease, Type 2 diabetes, and various forms of cancer. Therefore, focus should be placed on the key role of diet, together with physical activity and other lifestyle factors, in preventing obesity, cardiometabolic risks and even chronic diseases, especially considering the increased frequency of dining out and ordering takeout. In this Special Issue, we aim to investigate the association of diet (foods, nutrients, dietary pattern or dietary quality), eating behavior, physical activities with weight management or risk of cardiometabolic factors in adults.





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