



Dietary Behavior and Physical Activity in Children and Adolescents

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Message from the Guest Editors

Dear Colleagues,

Dietary behavior, sedentary behavior and physical activity are important modifiable lifestyle behaviors that help children and adolescents to maintain a healthy body weight. Families shape children's early experiences with food and provide opportunities for physical activity.

This Special Issue of *Nutrients*, welcomes the submission of original research, systematic reviews. Topics of interest include, but are not limited to the following:

- Determinants of dietary behavior and physical activity in young populations, especially their changing role during the transition from childhood to adolescence
- Associations between dietary behavior and physical activity and
 - nutritional status
 - metabolic health
 - wellbeing/mental health
 - musculoskeletal health
 - biological markers
- Methodological studies, such as validation studies, biomarker studies, pilot studies and studies on diet quality indices in children and adolescents
- Novel and innovative topics including genetic determinants, gene-behavior interactions, prenatal and early life factors, gut microbiota and metabolomics





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