



nutrients



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Eating Behaviors, Body Composition and Neuro Vulnerability in Energy Metabolism Regulation

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Message from the Guest Editor

In recent decades, there has been an increase in dietary protocols to treat chronic noncommunicable diseases and eating disorders (ED). Additionally, body composition and metabolic energy expenditure models were developed to help predict and/or understand the effects of diets. The concepts of neuro-vulnerability and alterations of synaptic connections in obese subjects with metabolic alterations and ED are currently emerging.

In light of this, the influence of these factors in the success of clinical nutrition treatment requires further investigation. Despite numerous studies on the effects of dietary models such as the Mediterranean diet, it is necessary to investigate the specific effects of foods on body composition, metabolic parameters and neurological alterations related to human behavior, as well as on the microbiota. The latter, defined as part of the second human brain, must be evaluated both for its local effects on absorption and intestinal regularity, its role in eating habits and in the aggravation of the already recognized neuro-vulnerability in food addiction and in other EDs.



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