



Energy Intake and Human Health

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Message from the Guest Editor

Dear Colleagues,

When people think of energy intake and health, there is a tendency to think of meeting micronutrient and vitamin requirements, and avoiding chronic disease. An important component of energy intake and health is energy balance; that is maintaining energy balance to avoid weight gain. Overconsumption is an important component of human health. There are a range of factors that affect the frequency and amount of food intake. Appetite regulation plays an important role. Hedonic and homeostatic processes influence food preferences and energy intake. Part of the aim of this Special Issue is to provide up to date information about the processes involved in appetite regulation and energy intake, and in turn, how this affects human health.

Prof. Neil A. King
Guest Editor





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