



nutrients



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Nutrition and Lifestyle Intervention for Obese Adolescents

Guest Editor:

Dr. Arlette C. Perry

Department of Kinesiology and
Sport Sciences, University of
Miami, 5202 SW University Drive,
Coral Gables, FL 33146, USA

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Message from the Guest Editor

Globally, the promotion of healthy nutrition and regular physical activity in youths constitutes one of the greatest public health challenges of the 21st century. Poor diet and sedentary behaviors in youth are associated with more chronic diseases. Research has shown that lower consumption of fruits, dairy, and whole grains in youth may worsen as children grow older. Furthermore, poor nutrition is associated with greater fluctuations in mood, depression, and longer recovery from illness. Therefore, it is critically important to gain scientific knowledge about proper nutrition and active lifestyle behaviors early on in youth.

Although quality nutrition and regular physical activity are strongly associated with a reduction in chronic diseases, many individuals are unwilling or unable to follow sound practices. Subsequently, overweight and obesity in youth are at an all time high. The purpose of this Special Issue is to bring together a select group of experts who can address effective interventions/strategies for optimizing best nutrition and/or exercise practices for overweight or obese youths.



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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

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Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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