



*nutrients*



an Open Access Journal by MDPI

## Nutrition and Dietary Intake for Anthropometry and Body Mass Index

Guest Editors:

**Dr. Masaharu Kagawa**

Institute of Nutrition Sciences,  
Kagawa Nutrition University, 3-9-  
21 Chiyoda, Sakado, Saitama  
350-0288, Japan

**Prof. Dr. Colin W. Binns**

School of Public Health, Curtin  
University, Perth 6845, Australia

**Prof. Dr. Andrew P. Hills**

School of Health Sciences,  
College of Health and Medicine,  
University of Tasmania,  
Launceston, TAS 7248, Australia

Deadline for manuscript  
submissions:

**closed (15 December 2019)**

### Message from the Guest Editors

Dear Colleagues,

Dietary intake with adequate energy and nutrients is essential for optimal growth, development, metabolism, physiological function, and overall health and wellbeing. However, for many individuals and populations, the achievement of optimal nutrition is challenging, particularly in the context of significant global public health concerns of under- and over-nutrition. The World Health Organization (WHO) has estimated that more than 1.9 billion adults above 18 years of age worldwide were overweight or obese in 2016. The obesity epidemic is also affecting people of all ages with an estimated 41 million children under the age of 5 being overweight or obese while at the same time 155 million children are stunted. A further challenge in many settings is the number of individuals, particularly adolescents and young adults, who are predisposed to eating disorders. Infants and young children (particularly during the first 1000 days after conception) are vulnerable to malnutrition, which substantially increases morbidity and mortality.

Assoc. Prof. Masaharu Kagawa

Prof. Colin W. Binns

Prof. Andrew P. Hills

*Guest Editors*



[mdpi.com/si/27448](https://mdpi.com/si/27448)

# Special Issue



# *nutrients*



an Open Access Journal by MDPI

## Editors-in-Chief

### **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

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

**Journal Rank:** JCR - Q1 (*Nutrition & Dietetics*) / CiteScore - Q1 (*Nutrition and Dietetics*)

## Message from the Editorial Board

*Nutrients* is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

## Contact Us

*Nutrients* Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/nutrients](http://mdpi.com/journal/nutrients)  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)  
[X@Nutrients\\_MDPI](https://twitter.com/Nutrients_MDPI)