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Recent Advances in Chrononutrition: Theory and Practice

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Message from the Guest Editors

Dear Colleagues,

Currently, a new scientific direction at the intersection of scientific disciplines—chronobiology and nutrition science—is actively developing, and an extensive amount of information has been accumulated on individual aspects of chrononutrition. Some practical recommendations to prevent disorders of the circadian system and eating behaviors based on the principles of chrononutrition have been obtained.

This Special Issue is devoted to the broad topic of research on the chronobiological aspects of eating behavior and nutrition. Particular attention is paid to the mechanisms of development, mutual influence, and prevention of dysfunctions of the circadian system, eating behaviors, and nutrition. One of the main objectives of this Special Issue is to reflect the current trends in the development of this discipline, and draw the attention of specialists from different fields of knowledge to this topical problem. Another objective of the Special Issue is to formalize the knowledge accumulated to date in chrononutrition and, based on this analysis, to search for practical applications of the principles of chrononutrition in everyday life.



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Special Issue



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Message from the Editorial Board

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