



## **Dietary Assessment for Weight Management and Health Maintaining**

Guest Editors:

**Dr. Juan José Hernández Morante**

Eating Disorders Research Unit,  
Universidad Católica de Murcia  
(UCAM), 30107 Murcia, Spain

**Dr. Juana María Morillas Ruiz**

Department of Food and  
Nutrition Technology, Catholic  
University of Murcia, 30107  
Murcia, Spain

Deadline for manuscript  
submissions:  
**closed (20 April 2023)**

### **Message from the Guest Editors**

Today, the main health problems continue to be those related to inadequate eating habits, like obesity, cardiovascular diseases, and certain types of cancer, among others.

To improve the eating habits of the population and to implement adequate health-related policies, it is necessary to carry out an adequate dietary assessment. Despite great technological advances, dietary assessment still has some limitations.

Moreover, new challenges related to dietary assessment are ahead. Food quality markers have been developed to provide people with clearer nutritional information, but its usefulness for improving eating habits is not yet clear. New statistical and informatics procedures can provide new insights into the relationship between nutrient intake and health. Furthermore, the development of smartphone applications and wearable devices can open a world of possibilities regarding dietary and health assessment.

The aim of this Special Issue is to summarize the latest advances in dietary assessment, specifically those that refer to the use of new data analysis techniques, tools and other indicators that allow evaluating eating habits and their influence on diseases such as obesity.





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## 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

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

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*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

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