



Energy Balance and Body Weight

Guest Editor:

Dr. Paolo Piaggi

Unit of Energy Physiology,
Obesity and Diabetes Clinical
Research Section, NIH/NIDDK,
Phoenix, AZ, USA

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Message from the Guest Editor

Weight change is a dynamic function of whole-body energy balance, that is, energy intake and energy expenditure (EE). A straightforward view of energy homeostasis in relation to body weight regulation assumes that these two factors independently affect energy balance. However, recent research suggests that these two factors interact in contributing to daily energy balance, thereby impacting weight change. The causal effect of energy intake on EE (i.e., diet-induced thermogenesis) has indeed been extensively studied in humans. Yet, the causal effect of EE on energy intake has not been fully explored despite seminal research on this topic more than 50 years ago, but likely because of technical difficulties in the precise assessment of energy intake in humans.

The objective of this proposed Special Issue on “Energy Balance and Body Weight” is to publish selected manuscripts detailing specific aspects of the complex relationships between EE, energy intake, and weight change that will advance our understanding of the causes and mechanisms of weight gain.





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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

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