



Energy Balance and Body Weight

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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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