



Mindful Eating

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submissions:

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Message from the Guest Editor

Dear Colleagues,

Mindful eating has recently been recognized for its important role in increasing awareness about eating practices and promoting behavior change in various clinical populations, such as individuals with binge eating disorder (BED), overweight and obese individuals, and patients with chronic diseases (e.g., type 2 diabetes, cardiovascular disease). However, there is a paucity of scientific evidence on the effects of mindful eating on mental health, especially in young populations with and without disordered eating and older adults with mental-health-related comorbidities.

In this Special Issue, entitled “Mindful Eating”, the journal *Nutrients* welcomes the submission of original research manuscripts or articles reviewing the existing literature on the topic of mindful eating in healthy and diseased populations. We particularly encourage submissions with a specific focus on the effects of mindful eating on mood disturbances and mental health in young and older adults with and without chronic diseases.

Dr. Ifigenia Giannopoulou
Guest Editor





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