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Nutrition and Healthy Lifestyle in Adolescents

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Message from the Guest Editor

Stressors such as poverty and economic inequality interfere with adolescents' capacity to develop healthy dietary habits. Many adolescents consume diets that are high in fat intake and processed sugars, and relatively low in fruits and vegetables, fiber, and essential macronutrients. Thus, this increases their risk for develop life threatening chronic diseases in early adulthood. Past research shows that multiple systems of influence shape adolescents' capacity for engaging in healthful eating and long-term lifestyles, including motivational strategies, behavioral approaches, positive parenting practices, and socioecological approaches. Thus, in this Special Issue we highlight a series of papers that are both cross sectional and longitudinal, that build the evidence base to support important behavioral lifestyle approaches for creating long-term dietary improvements in adolescents and especially among those who may be at high risk for health inequities.



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Special Issue



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