

## Special Issue

# Dietary and Nutritional Influences on Childhood Obesity: Mechanisms, Prevention, and Public Health Implications

### Message from the Guest Editors

Childhood obesity has become a significant public health challenge worldwide, driven by multiple factors, particularly dietary and nutritional influences. Unhealthy eating habits, characterized by the excessive consumption of ultra-processed foods, sweetened beverages, and high-calorie meals, combined with reduced physical activity have contributed to a rapid increase in obesity prevalence among children and adolescents. Research suggests that early-life nutritional choices can shape long-term metabolic programming, increasing the risk of obesity and related chronic conditions later in life. Additionally, socio-economic disparities, cultural influences, and environmental factors play critical roles in shaping children's dietary behaviors. This Special Issue will explore childhood obesity and its complex relationship with diet and nutrition. By integrating findings from epidemiological and experimental studies, clinical trials, and behavioral research, this Special Issue will provide a comprehensive understanding of how diet and nutrition influence childhood obesity and its associated comorbidities.

### Guest Editors

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### Deadline for manuscript submissions

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## Nutrients

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*Nutrients* is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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### Editors-in-Chief

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