

Special Issue

Nutrition, Diet Components and Healthy Weight

Message from the Guest Editors

Research on diet quality and healthy weight remains at a critical crossroads in our field. While there have been ground-breaking studies in these areas, there is much more work to be done to clearly elucidate effective measurement tools to assess prevention efforts and intervention efficacy related to nutrition and healthy weight. Research is needed to determine methods to effectively measure diet quality and the most impactful strategies and interventions to improve diet quality related to health and healthy weight. Better understanding of aspects of diet quality and energy regulation at different stages of development will inform the field of obesity prevention and health promotion across the world. This Special Issue will include manuscripts that focus on nutrition, diet components, and food purchasing behaviors in relation to obesity, healthy weight status, weight management and diet quality. We are excited and welcome papers from researchers around the world which investigate the topic of nutrition and diet components in relation to healthy weight. We hope you will consider submitting a paper to this Special Issue!

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About the Journal

Message from the Editorial Board

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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