

Special Issue

The Effect of Diet and Physical Activity on the Weight Management

Message from the Guest Editor

Weight is the main indicator for the nutrition and health status. Underweight and overweight are two types of malnutrition which can both increase health risks and have a significant economic impact on global healthcare systems. Diet and physical activity are the main determinants of weight status. Although a lot of previous studies have explored the role of diet and physical activity in weight management, we still need a valid and feasible approach to address the challenge in different periods of life or different physiological statuses, as well as a novel approach for assessing diet and physical activity. Therefore, the aim of this Special Issue is to focus on diet and/or physical activity in weight management. If you have conducted interesting research on children, adults, elderly, pregnant women, or patients, we encourage you to share your findings in this *Nutrients* Special Issue on “The Effect of Diet and Physical Activity on Weight Management”. Original research articles, as well as systematic reviews and meta-analyses, are welcome.

Guest Editor

Dr. Ailing Liu

National Institute for Nutrition and Health, Chinese Center for Disease Control and Prevention, Beijing 100050, China

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Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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