Special Issue

Safeguarding the Next Generation: Nutritional Strategies for Preventing Childhood Obesity

Message from the Guest Editor

Childhood obesity is a critical global health issue, posing significant cardiometabolic risks, including cardiovascular disease, type 2 diabetes, metabolic syndrome, and kidney damage. To mitigate the increased likelihood of developing obesity-related comorbidities, lifestyle interventions remain the cornerstone of pediatric obesity treatment. In this context, prevention strategies, particularly those focused on nutrition, are essential. This Special Issue seeks to highlight the latest evidence on prevention strategies for childhood obesity, with an emphasis on nutritional approaches. It aims to provide a comprehensive overview of approaches that promote healthy eating patterns, reduce risk factors, and support lifelong wellness.

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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.

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