

# Special Issue

## Dietary Strategies for Obesity

### Message from the Guest Editors

Obesity is a complex issue that is associated with a range of noncommunicable conditions, including non-alcoholic fatty liver disease, cardiovascular disease, diabetes mellitus, chronic kidney disease, and mental health conditions. Obesity is largely preventable; however, there are a range of social, environmental, biological, and individual factors to consider that contribute to weight gain across the lifespan. Lifestyle interventions, including dietary strategies, are an important piece of the puzzle when it comes to the prevention and management of obesity. In this Special Issue, we welcome original articles, short communications, and reviews of the scientific literature, including systematic reviews and meta-analyses. The proposed manuscripts should cover evidence-based dietary strategies for obesity and can be related to any aspect of the prevention or management of obesity across the human lifespan, with special interest areas including children, youth, and pregnancy.

### Guest Editors

Dr. Robyn Littlewood

1. Health and Wellbeing Queensland, Queensland Government, Brisbane, QLD 4064, Australia
2. School of Human Movement and Nutrition Sciences, The University of Queensland, St. Lucia, QLD 4072, Australia

Dr. Jacki Walker

1. Health and Wellbeing Queensland, Queensland Government, Brisbane, QLD 4064, Australia
2. School of Human Movement and Nutrition Sciences, The University of Queensland, St. Lucia, QLD 4072, Australia

### Deadline for manuscript submissions

closed (15 August 2024)



## Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/177251](https://mdpi.com/si/177251)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)





# Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)



## 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.

---

### 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

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

#### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)