

Special Issue

Digital Health Intervention for Healthy Diet

Message from the Guest Editor

Severe risks of obesity, excess glucose, and excess calorie intakes are significantly impacted and reduced by effective behavioural interventions. With digital interventions, many more alternatives exist for delivering educational and reminder messages, and organizing self monitoring. Therefore, there is a critical need for more cooperation and communication to progress towards improved outcomes with multiple patient types, interventions, and effect sizes. In this Special Issue, our communication will accelerate the advancements of digitally assisted diet change, particularly with the rapid developments in hardware and software technologies. We must strategically integrate human–human communications that will lead to healthy diet benefits worldwide.

Guest Editor

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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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