

Special Issue

The Role of Diet and Physical Activity on Cancer Prevention and Control

Message from the Guest Editors

Cancer is the second leading cause of death in the United States and an important cause of global morbidity and mortality, affecting every world region. Diet and physical activity represent key modifiable risk factors, with at least 18% of all cancer cases and about 16% of cancer deaths in the U.S. attributed to excess body weight, sedentary lifestyle, alcohol use, and/or unhealthy diet. Cancer prevention guidelines from the American Cancer Society emphasize engaging in 150–300 weekly minutes of moderate intensity (or 75–150 minutes of vigorous intensity) physical activity and maintaining a healthy diet. Yet, most adults, and cancer survivors in particular, are inactive and consume unhealthy diets, and thus not meeting guidelines for cancer prevention and control. The aim of this special issue is to provide novel insights on the cancer protective effects of nutrition and/or exercise, as well as innovative, evidence-based strategies for addressing these modifiable risk behaviors. The welcome original research on strategies for cancer prevention and control related to nutrition and/or physical activity.

Guest Editors

Prof. Dr. Dorothy Pekmezi

Department of Health Behavior, University of Alabama at Birmingham (UAB), Birmingham, AL 35294, USA

Dr. Tanya Benitez

Center for Health Promotion and Health Equity, Brown University, Providence, RI 02903, USA

Deadline for manuscript submissions

closed (25 October 2023)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/137923

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
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)