

## Special Issue

# Healthy Eating Behaviors in School Students

### Message from the Guest Editors

Healthy eating patterns in childhood and adolescence influence optimal growth and development, helping to reduce the likelihood of chronic diseases in adulthood and indirectly benefiting academic performance.

Schools are a suitable environment for the development of programs or interventions aimed at promoting healthy and sustainable eating behaviors in children and adolescents. The school environment can help children and adolescents develop skills and provide them with the social and environmental support that they need to adopt healthy eating behaviors. Multicomponent interventions appear to be the most effective. We invite authors to submit relevant scientific original articles or reviews related, but not limited, to the following topics:

- Analysis of the eating patterns of school students;
- Social determinants of dietary habits in school students;
- Educational strategies to promote healthy eating;
- Healthy food school environment;
- Nutrition and food interventions and programs;
- Digital technologies for promotion of healthy eating habits;
- Community and family involvement in school nutrition;
- Food sustainability in schools.

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### Guest Editors

Prof. Dr. Alicia Aguilar Martínez

Prof. Dr. Marina Bosque-Prous

Prof. Dr. Laura Esquius

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### Deadline for manuscript submissions

closed (15 April 2024)



## Nutrients

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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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### Editors-in-Chief

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