

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.

Guest Editors

Prof. Dr. Alicia Aguilar Martínez

Prof. Dr. Marina Bosque-Prous

Prof. Dr. Laura Esquius

Deadline for manuscript submissions

closed (15 April 2024)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/149659

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 (IUIBS), 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)