

Special Issue

Lifestyle and Health Changes during and after the COVID-19 Pandemic

Message from the Guest Editor

The COVID-19 pandemic has caused significant changes in everyday life. It has caused many economic, social and health problems. Social isolation disrupted individuals' daily routines. Increased sedentary behaviour and screen time and limited food availability and choice could lead to changes in nutrition habits, weight gain and health problems. The purpose of this Special Issue is to examine the impact of COVID-19 on lifestyle (eating habits, online food delivery services, physical activity, stress, weight, etc.), paying particular attention to whether those changes (favorable and unfavorable to health) persisted after the restrictions ended. Articles highlighting lifestyle changes after the pandemic are especially welcome. Original research and review articles will be accepted.

Guest Editor

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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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