

## Special Issue

# Eating Behavior, Dietary Patterns and Health Outcomes: Insights from Research and Practice

### Message from the Guest Editors

This Special Issue aims to provide a comprehensive overview of the current evidence concerning the associations between eating behaviors, dietary patterns, and health outcomes across different life stages. We welcome submissions that address a wide range of topics related to this theme, including but not limited to:

- The definition, measurement, and characterization of eating behaviors and dietary patterns in various populations and settings.
- The effects of eating behaviors, dietary patterns and nutrient intake on growth, development, cognition, and behavior in children and adolescents.
- Dietary patterns and metabolic health outcomes, including obesity, type 2 diabetes, and cardiovascular disease.
- The interactions between eating behaviors, dietary patterns, genetics, epigenetics, microbiome, and other factors in modulating health outcomes.
- The biological, psychological, social, and environmental determinants and correlates of eating behaviors and dietary patterns.
- The development, implementation, and evaluation of interventions to promote healthy eating behaviors and dietary patterns at individual, family, community, or policy levels.

### Guest Editors

Prof. Dr. Qian Lin

Prof. Dr. Xiaoqin Luo

Prof. Dr. Jia Guo

Prof. Dr. Irene X. Y. Wu

### Deadline for manuscript submissions

closed (5 April 2025)



## Nutrients

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## 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.

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### Editors-in-Chief

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