

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

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/173885

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)