

Special Issue

Energy Balance and Weight Management

Message from the Guest Editor

The idea that energy intake and output are coupled to maintain energy stores was proposed in the early 20th century. Later studies introduced lipostatic, glucostatic, aminostatic, and other models to explain how energy stores are regulated through specific pathways. It is now clear that

- Metabolic and behavioral factors driving weight gain, regain, and responses to interventions are highly variable.
- Weight loss and maintenance are related but differ across genetic, physiological, social, and behavioral dimensions.
- More research is needed to prevent weight gain and regain.

This Special Issue focuses on the following:

- Leveraging knowledge of basic (-omics and other biomarkers), clinical (physiological and interventional), and social (environmental and behavioral) sciences to identify the most effective treatments to promote weight loss and sustain a reduced body weight on an individual basis.
- Use these methods to identify high-risk individuals and design targeted preventive interventions.
- Create personalized guidelines for preventing and treating overweight, obesity, and related comorbidities.

Original research articles and comprehensive reviews are welcome.

Guest Editor

Prof. Dr. Michael Rosenbaum

Department of Pediatrics and Medicine, Division of Molecular Genetics, Irving Institute for Clinical and Translational Research, Columbia University, New York, NY 10032, USA

Deadline for manuscript submissions

25 February 2026



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/251346

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

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 (UIBS), 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

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