

Special Issue

Food and Nutrition in Obesity: Causes and Policy Considerations

Message from the Guest Editors

Obesity is a worldwide problem that has become progressively worse since the current epidemic began in the late 1970s. Obesity, as a reflection of too much body fat, results from the cumulative storage of more energy from the food that is eaten than is needed for daily energy-requiring activities. It has a strong genetic basis, but almost all agree that, primarily, it reflects the ingestion of more food than is needed. The role of food and nutrition is central to the development, and thus, the resolution of the problem. The recent interest in ultra-processed foods has heightened the nutritional focus on food intake. In this Special Issue, we will include papers dealing with nutritional considerations as they influence the cause and course of obesity. Thus, macronutrients, fat, protein, and carbohydrates are topics of interest. We will also examine the decisions that are made by policy makers in an effort to prevent or reverse the epidemic, something that is badly needed for both the health of the public and to reduce burgeoning healthcare costs related to obesity.

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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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