

Special Issue

Targeting Metabolic Disorders and Obesity Through Sugar Intake Reduction and Physical Activity Interventions

Message from the Guest Editor

An excessive intake of free and added sugars, particularly from sugar-sweetened beverages and processed snacks, contributes to obesity, metabolic disorders, type 2 diabetes, and cardiovascular diseases. Reducing free sugar consumption through lifestyle changes can significantly improve metabolic health and aid in sustainable weight management. As dietary habits evolve, identifying effective strategies for lowering free sugar intake is crucial to long-term health.

For this Special Issue, we invite research exploring interventions that limit free sugar intake, whether independently or as part of broader dietary and behavioral approaches, with or without physical activity. We welcome studies on dietary modifications, behavioral interventions, public health policies, and clinical trials evaluating the impact of free sugar restriction on metabolic health. Research addressing free sugar reduction in interventions involving children, adolescents, or schools is especially encouraged.

Guest Editor

Dr. Jonghoon Park
Department of Physical Education, Korea University, Seoul 02841,
Republic of Korea

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

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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

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