

## Special Issue

# Nutritional Policies to Improve Child and Adolescent Health

### Message from the Guest Editors

A healthy dietary pattern during childhood and adolescence is the cornerstone of lifelong health and development. In recent years, however, children and adolescents face challenges related to poor dietary choices, food insecurity, and exposure to unhealthy food marketing. As governments and communities play a vital role in shaping healthy eating habits and supportive environments, effective nutritional policies, such as school-based nutrition programs, food marketing and unhealthy food availability regulations, and public education campaigns via comprehensive, age-adjusted, inclusive, and evidence-based initiatives, would enable children and adolescents to adhere to healthier dietary patterns.

The objective of this Special Issue, therefore, is to compile the latest knowledge of all facets of this topic, highlighting the policies needed or already implemented to address the existent nutritional problems in children and adolescents. Similarly, relative reviews and meta-analysis in the field are also welcome.

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### Guest Editors

Prof. Dr. Antonis Zampelas  
Dr. Kalliopi Karatzi  
Dr. Sotiria Kotopoulou

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### Deadline for manuscript submissions

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## Nutrients

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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.

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