

## Special Issue

# Impact of Optimized Nutritional Strategies on Weight Control

### Message from the Guest Editor

This Special Issue of *Nutrients*, entitled “Impact of Optimized Nutritional Strategies on Weight Control”, welcomes the submission of manuscripts that either describe original research or review scientific literature related to weight management. Manuscripts should focus on nutritional strategies for weight maintenance in individuals with overweight or obesity, with special attention on personalization of dietary intervention. Manuscripts that address potential gender- and age-related differences and individual factors that may predict weight maintenance success are especially welcome. Potential topics may include, but are not limited to, the following:

- Medical nutrition therapy for adult weight management;
- Nutrigenomic approach to adult weight management;
- Macronutrient distribution for adult weight control;
- Dietary interventions for adult weight control.

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### Guest Editor

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### Deadline for manuscript submissions

25 October 2025



## Nutrients

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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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### Editors-in-Chief

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