

Special Issue

Relationship between Taste and Olfactory Function and BMI in Normal-Weight, Healthy Subjects and Patients with Obesity

Message from the Guest Editors

The olfactory and taste systems play an important role in controlling food intake and meal size, influencing body weight and energy balance. Variations in taste and olfactory sensitivities can be due to several factors (e.g., genetic, environmental, or behavioral) which can therefore be considered risk factors for developing obesity. Obesity is a severe health problem linked to an increased risk of comorbidity and mortality, and its etiopathogenesis is correlated with eating habits characterized by stronger preferences for energy-dense foods, such as fats and sweets rather than healthier, but less palatable foods such as fruits and vegetables. Taste and olfaction are important determinants driving food preferences, as they are associated with reward-driven hedonic eating. Metabolic disorders linked to obesity can also contribute to individual differences in sensory perception. For this Special Issue, we invite the submission of original research articles and comprehensive reviews that focus on taste and olfactory perception, food preferences, and their implications in body mass index.

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Deadline for manuscript submissions

closed (31 March 2024)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/165088

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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.

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