

Special Issue

Effect of Exercise and Diet on Circadian Rhythms and Energy Metabolism

Message from the Guest Editors

Circadian rhythms and energy metabolism are two interconnected physiological processes that are crucial to the overall health and wellbeing of children. Circadian rhythms are the body's internal biological clock that guide many physiological processes such as sleep, eating, and metabolism. Proper exercise and diet can help synchronize children's bodies with the natural day-night cycle, promoting good sleep and rest, thereby making the body healthier and more energetic, and promoting brain development. However, there is still much to learn about these complex processes.

- Studies related to mealtimes and energy metabolism;
- Studies related to effects of the gut microbiota on diet and circadian rhythms;
- Studies related to the impact of environmental changes on diet, exercise, and circadian rhythms;
- Studies related to maternal nutrition and the offspring's energy metabolism and brain development;
- Studies related to the effect of enteral feeding patterns on energy metabolism, circadian rhythms, and the prognosis of critically ill children.

Guest Editors

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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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