

Special Issue

Eating Behaviors and Lifestyle in Body Weight and Health

Message from the Guest Editors

Unhealthy eating behaviors, poor diet quality, and imbalanced body weight are pressing public health concerns worldwide. Modern lifestyles characterized by high-calorie food availability, sedentary habits, irregular eating patterns, and daily routines that disrupt balanced nutrition have contributed to rising rates of overweight, obesity, and other chronic diseases. Maintaining a healthy body weight is important not only for preventing chronic disease but also for supporting physical function and overall well-being.

This Special Issue aims to explore the complex relationships between dietary habits, diet quality, eating behavior aspects (such as food choice and intake patterns), and other lifestyle factors, including physical inactivity and sleep quality, and their impact on body weight and health. We welcome original research and review articles addressing dietary habits, diet quality, eating behavior aspects, body weight, obesity, unhealthy weight loss practices, nutrition-related lifestyle factors, and their effects on chronic disease prevention and overall health outcomes.

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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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