

Special Issue

Impact of Food Choice on the Health of Adolescents

Message from the Guest Editors

Adolescence plays a decisive role in the process of nutritional development of a person. In the formative period, childhood, the nutritional needs of a person are met by their parents; however, by adolescence, individuals get better acquainted with their body systems and are thus capable of making their own food choices, ones that are well suited for their needs. However, in this phase of life, individuals are rather susceptible to advertising and social media influence as well as peer pressure, which might propel them to adopt certain food habits that are detrimental to their health. Therefore, there is a dire need to make the teenagers aware of the impact of nutrition and diet on health (in particular, the Mediterranean diet), thereby helping them to make balanced and proper food choices. By doing so, we could effectively combat the endemic of obesity, and other severe diseases, that is becoming increasingly common in the youths. Measures should also be taken to introduce stringent food health policies. This Special Issue invites papers that address all relevant aspects of food choices and nutrition impacting the health of adolescents.

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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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