

Special Issue

Dietary Management of Weight Loss

Message from the Guest Editor

Overweight and obesity are global problems. It is a chronic relapsing disease that can lead to numerous chronic diseases, affecting quality of life and leading to psychological problems. Additionally, successful treatment will have an important impact on medical resource utilization, healthcare costs, and patient quality of life as well as increased life span. The combination of a high-calorie diet and lack of exercise is the biggest contributor to obesity. Which diets result in safe weight loss, have positive long-term consequences for chronic disease risk factors, and are sustainable in the long term for weight maintenance? This question has only been partially answered. We hope to collect more quality diet strategies that can lead to effective weight loss and weight maintenance. This Special Issue will include manuscripts that focus on the knowledge of dietary management involved in the prevention and treatment of obesity.

Guest Editor

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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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