

Special Issue

The Effect of Lifestyle and Eating Habits on Obesity

Message from the Guest Editors

Obesity has emerged as a global health epidemic, with its prevalence steadily increasing over the past few decades. One of the primary contributors to the obesity pandemic is a transformation in lifestyle patterns, marked by sedentary behaviors and dietary shifts. Furthermore, changes in dietary habits have played a pivotal role in the obesity surge. The ubiquity of energy-dense, nutrient-poor foods, often high in sugars and fats, has become a hallmark of contemporary diets. Fast food consumption, coupled with a shift towards larger portion sizes and increased intake of processed foods, has led to a caloric surplus that exceeds the body's metabolic needs. Such an imbalance has been closely linked to weight gain and the onset of obesity. In conclusion, the increasing prevalence of obesity is a critical public health concern. In this context, this Special Issue aims to explore the relationship between lifestyle choices, dietary habits or interventions, and the prevalence of obesity in order to provide novel effective prevention and intervention strategies.

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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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