

Special Issue

Diet, Exercise and Mental Health

Message from the Guest Editor

Poor diet is a key modifiable risk factor for the development of chronic diseases. While many effective nutrition interventions are available, there is emerging evidence that combining certain health interventions may target a much broader range of outcomes. For example, combining effective nutrition interventions with physical activity interventions may lead to improvements, not only in nutrition and physical activity, but also other health and wellbeing outcomes.

Additionally, given the known bidirectional relationships between nutrition, physical activity, and mental health, combining effective interventions targeting multiple outcomes may enhance their overall effectiveness across all of these outcomes.

This Special Issue welcomes papers of all study designs and from all world regions aimed at explo

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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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