

Special Issue

Dietary and Behavioral Strategies in Obesity Prevention and Weight Control

Message from the Guest Editors

Obesity is a major health threat and it is linked to metabolic diseases and overall well-being across the lifespan. It is, in most cases, a multifactorial disease due to a long-term disturbance to the energy balance and metabolic homeostasis of individuals, as well as obesogenic environments. Food patterns, macronutrients, as well as their specific components (e.g., amino acids, fatty acids, etc.), are the main determinants in energy intake, but more recent evidence has implicated the potential effects of chrononutrition (namely, when we eat or perform activities, intermittent fasting, etc.) in the development of obesity and weight management. In addition, the specific contribution of other energy-balance-related behaviors to obesity and weight management is still a matter of active debate. This Special Issue aims to host original articles, (systematic) reviews, and meta-analyses that will advance current knowledge on the role of nutrition and health behaviors in the development of obesity and weight management both in children and adults, and describe novel approaches through lifestyle modification for the prevention or management of obesity.

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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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