

Special Issue

Dietary Behaviours during Young Adulthood

Message from the Guest Editor

Young adults (18–35 years) are on a weight gain trajectory, which is placing them at increased risk of heart disease, cancer, and diabetes. Poor dietary behaviours among young adults, including low intake of fruit and vegetables, and high intake of foods prepared outside the home, and sugar-sweetened beverages, are key factors contributing to this weight gain trajectory. Young adulthood however is a transitional life stage including many significant life changes, such as leaving the family home, commencing university or entering the workforce. Therefore, there are potentially many factors influencing young adults eating habits, and our ability to intervene to improve them.

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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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