

Special Issue

Dietary Behaviours and Obesity

Message from the Guest Editor

The numbers of people who are overweight or obese have now reached epidemic levels globally and prevalence continues to increase dramatically. Obesity is a major health risk, with genetic factors appear to be responsible for 40–70 % of the variation in body mass index (BMI). Examples of obesogenic lifestyle changes include globalization, low levels of physical activity, alcohol consumption, socioeconomic status, parent feeding behavior, sedentary leisure activities, and changes in shopping routines. The other major player in this obesity epidemic has been diet.

Weight loss diets are available that include various permutations of energy restriction, macronutrients, foods, and dietary intake patterns. Caloric restriction is the common pathway for weight reduction, but different diets may induce weight loss by varied additional mechanisms, including by facilitating dietary adherence. Intermittent fasting is a dietary intervention similar to caloric restriction. However, intermittent fasting focuses on the timing of when one can consume meals either within a day or a week. Therefore addressing dietary behaviours is challenging to treat obesity.

Guest Editor

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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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