

Special Issue

Dietary Intake and Obesity in Youth

Message from the Guest Editor

Childhood and adolescence represent unique, highly dynamic periods of growth and development that form the basis for future wellbeing and productivity in adulthood. There is no doubt that appropriate dietary intake in this time window is critical for forming good eating habits later in life. Appropriate dietary intake provides the nutrients required for growth, cognitive development and adequate sexual development. A very large proportion of the population worldwide falls within the category of school age or adolescence, and it is imperative to learn more about the dietary intake as well as eating habits of these individuals. In recent decades, increasing attention has been paid to the importance of nutrition early in life, including the fetal period. However, less is known about the role of dietary intake in the subsequent phases of development. The aim of this Special Issue is to update knowledge on dietary intake in childhood and adolescence, with a special emphasis on the role of dietary intake in these age groups in obesity development and/or therapy.

Guest Editor

Prof. Julie Bienertova-Vasku

Research Centre for Toxic Compounds in the Environment, Masaryk University, Kamenice A29, Brno, Czech Republic

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Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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