

Special Issue

Sugar, Fat, and Ultra-Processed Foods: Decoding the Dietary Drivers of Pediatric Obesity

Message from the Guest Editors

Pediatric obesity is one of today's most urgent public health challenges, with dietary factors playing a key role from early childhood. Evidence increasingly links excessive sugar intake, high-fat dietary patterns, and the rising consumption of ultra-processed foods (UPFs) to metabolic disturbances, unhealthy weight gain, and long-term health risks among children and adolescents. Despite growing awareness, important gaps remain regarding mechanisms, exposure pathways, behavioral determinants, and effective prevention strategies.

With this Special Issue, we invite researchers and practitioners to share new evidence that advances our understanding of how modern dietary patterns influence children's weight, metabolism, and long-term well-being. We particularly encourage the submission of studies examining dietary behaviors, food environments, interventions, and policy approaches that aim to reduce obesity risk.

Your contributions will help shape actionable, evidence-based strategies to improve children's nutrition and support healthier futures. We welcome you to submit your work and join us in this important scientific dialogue.

Guest Editors

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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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