

Special Issue

Energy Intake and Human Health

Message from the Guest Editor

When people think of energy intake and health, there is a tendency to think of meeting micronutrient and vitamin requirements, and avoiding chronic disease. An important component of energy intake and health is energy balance; that is maintaining energy balance to avoid weight gain. Overconsumption is an important component of human health. There are a range of factors that affect the frequency and amount of food intake. Appetite regulation plays an important role. Hedonic and homeostatic processes influence food preferences and energy intake. Part of the aim of this Special Issue is to provide up to date information about the processes involved in appetite regulation and energy intake, and in turn, how this affects human health.

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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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