

Special Issue

How Can Health and Wellness Promotion Strategies Which Include Nutrition Education alongside Hands-On Cooking Be Organized, Evaluated, and Optimized for Maximal Impact

Message from the Guest Editor

With diet-related diseases accounting for the majority of deaths in the US and increasing numbers worldwide, existing strategies focusing primarily on disease diagnosis and treatment are insufficient. Proponents of Teaching Kitchens, Culinary Medicine, and Whole Person Health Programs have developed novel strategies which include nutrition education alongside hands-on cooking instruction, often in association with evidence-based instruction in lifestyle; mindfulness training; motivational interviewing, health coaching, and behaviour change strategies. We invite manuscripts that formally describe, contrast, and evaluate the impact of the above mentioned novel strategies on health risk behaviours, clinical outcomes, biomarkers, costs, access to nutritious foods, and the training of future health professionals. For a detailed list of additional manuscript topics relevant to this Special Series, see LINK BELOW.

https://res.mdpi.com/data/nutrients_special-issue_topics.docx.pdf

Guest Editor

Dr. David Miles Eisenberg

Department of Nutrition, Harvard T.H. Chan School of Public Health,
Bldg 2655 Huntington Ave, Boston, MA 02115, USA

Deadline for manuscript submissions

closed (31 December 2023)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/156621

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

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



About the Journal

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 (UIBS), 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

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)