

Special Issue

Chrononutrition for Obesity and Related Diseases

Message from the Guest Editors

Obesity and its sequelae remain a challenge for human health and wellbeing. While recent developments have been made in pharmacotherapy for obesity and related diseases, nutrition remains a pillar of successful obesity management and an important adjunct to other weight and health management therapies. Chrononutrition, or the timing and distribution of nutritional intake across the 24-h day/night cycle, is showing great promise in providing an achievable target to assist individuals in achieving a variety of health outcomes, including cardiometabolic and other benefits. There are many ways in which chrononutrition can be implemented, and the evidence base for the effect of various approaches to chrononutrition continues to grow. For this Special Issue, we invite the submission of manuscripts focusing on chrononutrition strategies to improve health in obesity and related diseases, ageing and life-stage transitions (e.g., menopause), and in special and priority populations. We also welcome submissions testing the feasibility and efficacy of different chrononutrition techniques.

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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.

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