

Special Issue

School-Based Nutrition Interventions in Children

Message from the Guest Editors

Dietary behavior significantly impacts conditions like obesity, cardiovascular disease, and Type 2 diabetes, often continuing into adulthood. Establishing healthy eating habits early is crucial, but many children consume diets high in sugar, fat, and salt, and low in fiber and nutrients, increasing the risk of chronic diseases.

Factors like health illiteracy, unhealthy food availability, and limited access to nutritious options contribute to poor dietary choices. Evidence suggests that beyond education, creating supportive environments is essential for lasting dietary behavior change.

Schools are critical for promoting healthy eating, making school-based interventions essential for improving nutrition knowledge and fostering long-term well-being. These interventions can encourage healthier choices, enhance academic performance, and positively impact overall health.

This Special Issue invites original research, reviews, and case studies on school-based interventions, including nutritional education programs, digital tools, sustainable food sourcing, and community involvement, to advance strategies for lifelong healthy dietary habits in children.

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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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