

Special Issue

The Impact of Social Media on Eating Behavior

Message from the Guest Editor

Social media has become a significant influence on the population's habits and lifestyle. One aspect that has been impacted is eating behaviors, shaping dietary choices, habits, and nutritional outcomes. Digital content yields both beneficial and detrimental effects. On one hand, social media can facilitate healthier dietary choices and increase nutritional awareness. On the other hand, it may exacerbate disordered eating behaviors, driven by the promotion of unrealistic body standards and the proliferation of diet trends. Potential topics include, but are not limited to: Social media influencers shaping eating behaviors.

Impact of food-related content on various demographic or diverse ethnic groups.

Social media as a tool for public health campaigns and education.

Social media, misinformation, and unhealthy eating habits.

Food photography and visual esthetics on appetite and food choices.

Social media use, self-esteem, and body image concerns in the younger population.

Algorithm-driven content in promoting or discouraging healthy eating behaviors.

Social media's impact on eating behaviors across different cultures.

Addictive behavior regarding social media and eating habits.

Guest Editor

Dr. Pilar Aparicio-Martinez

Grupo Investigación Epidemiológica en Atención Primaria (GC-12), del Maimonides Institute of Biomedical Research of Cordoba (IMIBIC), Department of Nursing, Pharmacology and Physiotherapy, Faculty of Medicine and Nursing, Menedez Pidal, University of Cordoba, 14071 Cordoba, Spain

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

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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.

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

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