

Special Issue

The Impact of Children's and Adolescents' Diet, Nutrition and Lifestyle Habits on Physical and Mental Health: From the Latest Perspective

Message from the Guest Editor

Lifestyle choices are important determinants of health outcomes in children and adolescents and the key components of a healthy lifestyle include optimal nutrition, maintaining a normal weight, promoting an active lifestyle and avoidance of tobacco, alcohol and other substances of abuse. Excessive screen time also impacts multiple developmental domains in children's cognitive, linguistic, physical and socio-emotional domains. Sleep is another component of a healthy lifestyle in children and children, sleep deprivation can lead to high blood pressure, obesity, and depression. Many studies have shown that children and adolescents eat less than the daily recommended amount of fruit and vegetables, and consume too many sugary foods or beverages, which can promote chronic diseases. Targeting children and young adults is essential as studies have demonstrated that eating and lifestyle habits established in early adolescence tend to continue into adulthood. Early childhood maltreatment can have an impact on health and emotional well-being and those who are bullied are at increased risk of suffering from mental health problems and problems adjusting to school.

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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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