

Special Issue

Effect of Dietary, Nutrition and Physical Activity on Body Composition

Message from the Guest Editors

Body composition is regulated by several mechanisms, including diet, physical activity/exercise, genetic and behavioural factors. Eating a balanced diet and being physically active are two modifiable factors for staying healthy at any age. Indeed, both behaviours may reduce the risk of chronic diseases, promote weight loss and prevent weight gain, improving the ability to live independently. Regarding sport and fitness performance, a body composition resulting from the consumption of a balanced diet and the regular practice of physical activity may lead to better results.

Interestingly, the evaluation of body composition may help to detect and solve different health issues in both sport performance and malnutrition, ranging from undernutrition to overweight. Current evidence suggests a relationship among different nutrient intakes (normal foods, fortified foods, nutraceuticals, etc.), physical exercise (aerobic, strength, combined, etc.) and body composition, both in athletes and in the general population.

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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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