

## 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.

---

### Guest Editors

Prof. Dr. Gian Pietro Emerenziani

Dipartimento di Medicina Sperimentale e Clinica, Università degli studi Magna Graecia di Catanzaro, Catanzaro, Italy

Dr. Maria Grazia Tarsitano

Department of Human Science and Promotion of Quality of Life, San Raffaele Open University of Rome, 00166 Rome, Italy

---

### Deadline for manuscript submissions

closed (15 January 2025)



## Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/190409](https://mdpi.com/si/190409)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)





# Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)



## 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.

### 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 (IUIBS), 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

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

#### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)