

Special Issue

Enhancing Dietary Assessments and Nutritional Monitoring Through Digital Health Monitoring and Intervention

Message from the Guest Editors

Traditional dietary assessment methods face challenges such as recall bias and low adherence. Digital health technologies—including wearables, mobile apps, and AI—offer innovative solutions for real-time, objective monitoring of eating behaviors and nutritional intake. This Special Issue explores cutting-edge approaches for improving dietary assessment accuracy, usability, and intervention effectiveness. Please consider submitting original research manuscripts regarding in vivo, real-time tracking of eating behaviors. Empirical studies are our focus; however, submissions are not limited to these alone, but can also include theoretical articles, conceptual models, novel and innovative technologies, and field-wide reviews of technologies and applications. Approaches incorporating artificial intelligence approaches for the identification of ingestive behaviors, the context of use, total caloric or energy intakes, and feedback are all of particular interest. I look forward to your submissions.

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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.

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