

## Special Issue

# Dietary Habits in Children and Adolescents and Their Effects on Obesity and Cardiovascular Diseases

### Message from the Guest Editors

Excess weight in children and adolescents is associated with poor dietary habits and can lead to increased prevalence of cardiovascular complications in adulthood. We invite researchers to submit original research or review articles which focus on successful approaches and interventions in order to promote healthy weight and optimal cardiometabolic health in children and adolescents. We welcome studies that examine factors relevant to the poor eating habits associated with hidden hunger, emotional eating and restrictive diets, low dietary intakes of fruits and vegetables and high dietary intakes of ultraprocessed foods. The limited safe treatment options and weight management strategies available for these population groups. We invite the submissions that explore effective interventions in different settings or environmental factors which facilitate changes in dietary behaviors. Studies should focus on well-being and healthy living in children and adolescents, as well as on the development of skills and habits that support a healthy active lifestyle.

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### Deadline for manuscript submissions

closed (5 July 2025)



## Nutrients

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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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### Editors-in-Chief

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