

Special Issue

Healthy Eating: Promote a Healthy Lifestyle among Adolescents

Message from the Guest Editors

The nutrition transition phenomenon is emerging in adolescents that move away from regional food habits, such as a Mediterranean-style diet, and instead adopt a Western diet or other unhealthy eating habits, such as skipping meals. Promoting a healthy lifestyle and healthy eating in adolescents and young adults is a challenge. This Special Issue is dedicated to identifying strategies to improve healthy eating in adolescents. It aims to provide new insights in this age in:

- Epidemiological data regarding the promotion of healthy eating habits to prevent malnutrition for defect and excess;
- Public, or local educational programs for the target population;
- Socio-economic, environmental, ecological, cultural and psychological determinants of healthy eating;
- Tailored strategies for lifestyle in adolescents;
- Healthy eating preferences among gender;
- Metabolic and food intake effects related to healthy and unhealthy eating habits;
- Nutrients and food effects on healthy eating;
- The role of school, food industry, marketing and policy makers;
- Peer and environment pressure;
- Original papers, reviews, and meta-analyses will be accepted.

Guest Editors

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Deadline for manuscript submissions

closed (28 February 2023)



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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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