

Special Issue

Nutrition and Dietary Intake for Anthropometry and Body Mass Index

Message from the Guest Editors

Dietary intake with adequate energy and nutrients is essential for optimal growth, development, metabolism, physiological function, and overall health and wellbeing. However, for many individuals and populations, the achievement of optimal nutrition is challenging, particularly in the context of significant global public health concerns of under- and over-nutrition. The World Health Organization (WHO) has estimated that more than 1.9 billion adults above 18 years of age worldwide were overweight or obese in 2016. The obesity epidemic is also affecting people of all ages with an estimated 41 million children under the age of 5 being overweight or obese while at the same time 155 million children are stunted. A further challenge in many settings is the number of individuals, particularly adolescents and young adults, who are predisposed to eating disorders. Infants and young children (particularly during the first 1000 days after conception) are vulnerable to malnutrition, which substantially increases morbidity and mortality.

Guest Editors

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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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