

Special Issue

Eating Disorders, Body Image and Mental Health in a Digital World

Message from the Guest Editors

Eating disorders (EDs) present complex and enduring challenges that necessitate a multidisciplinary approach, with nutritional care and education playing a central role alongside psychotherapy and pharmacotherapy. In the digital era, nutritional health is increasingly influenced by online trends, including social-media-driven body ideals, misinformation around diets, and algorithmic reinforcement of restrictive or harmful eating behaviors. The lived experiences of individuals with EDs are shifting in response to digital realities. This underscores the need to examine the interplay between nutrition and mental health in the digital era, as well as their combined potential when responding to EDs and promoting overall well-being, using evidence-based strategies that are context-aware.

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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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