

Special Issue

Feature Articles on Nutrition and Obesity Management

Message from the Guest Editor

In this Special Issue, we welcome reviews and original articles related to any aspect of obesity management, from the traditional dietary approach (with different types of diets) to metabolic surgery and including pharmacologic treatments. We will consider manuscripts regarding lifestyle modification in relation to physical activity and sleep hygiene. Novel approaches such as the different modalities of intermittent fasting, including aspects relative to their effectiveness or the different physiological mechanisms involved, or the use of innovative technologies such as mobile apps or wearable devices are very welcome. We aim to provide readers with a clear view of the pathophysiological relevance of weight loss and the improvements in cardiometabolic risk factors that take place with different therapeutic approaches, as well as changes in body physiology and energy expenditure that drives toward weight regain. Reviews and original articles analyzing the clinical usefulness of predictors of treatment success and the importance of monitoring body composition in the management of patients living with obesity will also be welcome.

Guest Editor

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Deadline for manuscript 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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