

## Special Issue

# Lifestyle, Chrononutrition, and Behavioral Determinants of Metabolic Health and Quality of Life

### Message from the Guest Editors

Eating behaviour, timing of food intake and lifestyles play a crucial role in shaping metabolic health and quality of life. Emerging evidence highlights the importance of circadian rhythms and chrononutrition in regulating physiological processes, influencing energy balance, metabolic pathways, sleep patterns, and well-being. At the same time, behavioral determinants interact in complex and dynamic ways, contributing either to metabolic regulation or to increased risk for chronic conditions. This Special Issue aims to contribute to the understanding of how lifestyle and behavioral factors, including chrononutrition and eating behaviour, affect metabolic outcomes and quality of life across the lifespan. We welcome manuscripts describing quantitative, qualitative, or mixed-methods original research from interdisciplinary perspectives such as nutrition, psychology, medicine, chronobiology, and public health. Studies on instrument development and evaluation, as well as systematic reviews and meta-analyses relevant to the lifestyle behaviors, chrononutrition, metabolic health and related outcomes are also encouraged.

### Guest Editors

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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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