

Special Issue

Dietary Approaches and Exercise in the Management of Overweight and Obesity

Message from the Guest Editors

The benefits of exercise and healthy dietary approaches on general health and body composition are well documented. Nevertheless, efforts to counter the global obesity epidemic have been of limited success, and policies implemented during the COVID-19 pandemic may have further contributed to poor dietary choices and insufficient exercise in individuals. Given the interaction between diet and exercise in the regulation of energy balance, both behaviors need to be considered when developing intervention strategies targeting excess body weight. For example, the potential benefits of a particular exercise intervention may be overridden if increases in energy expenditure lead to unhealthy food choices or an increase in sedentary time. Similarly, dietary interventions such as caloric restriction may result in compensatory reductions in exercise or physical activity. Therefore, the goal of this Special Issue is to enhance the understanding of the contribution of exercise and diet regarding the regulation of body weight, with a special emphasis on the interaction and integration of both components.

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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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