

Special Issue

Nutritional Assessment in Preventing and Managing Obesity

Message from the Guest Editors

Obesity is a major concern worldwide. Nutritional assessment is a core component of any lifestyle intervention.

From a public health perspective, the emerging picture of the ageing population is difficult to reconcile with the long-evidenced limitations of body mass index as a measure of adiposity. Likewise, reliable nutritional risk screening tools sensitive to identify sarcopenic obesity remain elusive. In non-clinical settings, although prior genome-wide association studies propose that genetics alone can only partly explain individual variability in diet and lifestyle behaviours, epigenetics including interactions among nutritional status indices and eating behaviour traits and/or food preferences may provide an impetus for a new scope in obtaining and interpreting personal and familial medical and dieting/weight history. Regarding laboratory data, the role of both established nutritional biomarkers and the emerging metabolomics may allow additional opportunities in obesity assessment. Finally, the field warrants systematic efforts towards the development of tools and frameworks that could address the evidence that has recently put nutritional epidemiology in the spotlight.

Guest Editors

Dr. Christina Mavrogianni

Department of Nutrition and Dietetics, School of Health Science and Education, Harokopio University, 17671 Athens, Greece

Dr. Vasiliki Iatridi

Department of Sport, Health Sciences and Social Work, Faculty of Health and Life Sciences, Oxford Brookes University, Oxford, UK

Deadline for manuscript submissions

closed (25 April 2024)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/143702

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)