

## Special Issue

# Effects of Lifestyle Factors and Dietary Composition on Energy Metabolism and Weight Regulation

### Message from the Guest Editors

Calories and energy balance are considered the most important factors influencing weight, body composition, and various health outcomes. Excess weight, in particular, is associated with several diseases, a worse quality of life, and a reduced life expectancy. However, energy balance can be influenced by various lifestyle and nutritional factors, including the availability of macro- and micronutrients in the diet, the type and duration of physical activity carried out, chronobiology and meal timing, circadian and biological rhythms, the gut microbiota, dietary supplements, endocrine disruptors, medications, stress, social life, aging, and inflammation. Energy metabolism is centrally regulated at the hypothalamic level. The hypothalamus combines peripheral signals to determine when to store, mobilize, expend, or assimilate calories. This Special Issue aims to explore the factors and mechanisms that influence energy metabolism and to examine their roles in regulating body weight and contributing to the development of obesity. We warmly invite you to contribute your work to this field.

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### Guest Editors

Dr. Andrea Deledda

Dr. Giuseppe Annunziata

Dr. Luigi Barrea

Dr. Fernanda Velluzzi

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### Deadline for manuscript submissions

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## Nutrients

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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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