

Special Issue

Nutrient Intake and Food Patterns in Students

Message from the Guest Editor

The dietary habits of students are critical factors influencing their overall health, cognitive development, and academic performance. As students navigate through various educational stages, their nutritional needs and food patterns evolve, shaped by a complex interplay of socioeconomic, cultural, and environmental factors. Understanding these dynamics is essential for developing effective interventions and policies aimed at promoting healthier eating habits among young people. We are pleased to announce a Special Issue, "Nutrient Intake and Food Patterns in Students", which aims to explore the diverse dietary habits and nutritional challenges faced by students across various educational levels. We invite researchers to submit original research articles and reviews that address topics such as the following:

- Nutritional assessment and dietary surveys.
- Impact of socioeconomic factors on student nutrition.
- Innovative interventions to improve dietary habits.
- Long-term health outcomes related to student food patterns.

Guest Editor

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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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