

Special Issue

Dietary Assessments for Weight Management

Message from the Guest Editors

Dietary assessment is a cornerstone of effective weight management strategies, providing crucial insights into the relationship between nutritional habits and obesity. Accurate dietary evaluation not only aids in identifying patterns associated with weight gain or loss, but also guides the development of tailored interventions to support individuals in achieving sustainable health goals.

With obesity and related comorbidities reaching global epidemic levels, understanding the nuances of dietary patterns has never been more critical. From traditional approaches to emerging technologies, such as digital dietary tracking and biomarkers of intake, this Special Issue seeks to highlight advancements that enhance precision and applicability in both research and clinical practice.

We welcome contributions that delve into diverse areas, including, but not limited to, dietary assessment tools, their accuracy and limitations, the role of diet in weight regulation, and the interplay between dietary habits, metabolic health, and behavioral interventions. Original research and reviews are encouraged.

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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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