

Special Issue

Body Image in the Digital Era: Body Ideals, Body Composition, and Nutrition

Message from the Guest Editors

Body image and body ideals are complex and dynamic constructs shaped by psychological, behavioral, social, and environmental factors. In particular, nutrition, weight status, body composition, physical activity, and exposure to the internet and social media may interact in influencing how individuals perceive their bodies and internalize socially valued body ideals. Body dissatisfaction and the desire to attain an idealized appearance may, in turn, be associated with emotional distress and unhealthy behaviors, including disordered eating and excessive physical activity. Adolescents and young adults may be particularly vulnerable to the influence of digital environments, where idealized and often unrealistic representations of the body are widespread. This Special Issue aims to advance understanding of the complex relationships between nutrition, body-related factors, internet and social media exposure, body image dissatisfaction, and body ideals. We welcome original research and review articles addressing psychological, behavioral, social, anthropometric, and gender-related aspects of these topics, with particular interest in research involving adolescents and young adults.

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About the Journal

Message from the Editor-in-Chief

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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