

Special Issue

Nutrition and Lifestyle as Preventive and Therapeutic Targets for Obesity and Inflammation

Message from the Guest Editors

Nutrition and lifestyle are key to preventing weight gain and reducing susceptibility to infections such as COVID-19. This Special Issue will accept submissions of both original research manuscripts and review articles focusing on how nutrition alone or together with lifestyle is able to prevent obesity and systemic/local inflammation. Articles exploring inflammatory bowel disease, irritable bowel syndrome and metabolic disorders will be considered for publication in this Special Issue. Articles focusing on the interactions between systemic inflammation and local inflammation (gastrointestinal tract, brain, liver, adipose tissue, bone, etc.) that provide new insights into preventive and therapeutic targets for obesity are also very welcome.

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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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