

Special Issue

The Effects of Time-Restricted Eating on Weight and Metabolic Health

Message from the Guest Editors

Time-restricted eating is a novel dietary strategy aimed to improve metabolic health and reduce body weight through the alignment of meal timing and/or the involuntary reduction of dietary intake. Decades of dietetic research have substantiated the claims for various macronutrient compositions to be beneficial across disease states, but the focus of dietary timing is a newer concept which is fast gaining traction in the scientific literature. There is still a need for further research to expand on the impact of TRE on body weight and metabolic health. The purpose of this Special Issue is, therefore, to collect contributions regarding the effects that meal timing, through time-restricted eating or the like, has on regulation of body weight and measures of metabolic health. This special issue invites the submission of original research articles, short communications, and systematic reviews.

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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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