

Special Issue

Dietary Patterns and Nutritional Challenges in Adolescents and Young Adults: Implications for Health and Disease

Message from the Guest Editors

The aim of this Special Issue is to explore the dietary patterns and nutritional challenges in adolescents and young adults. We are also interested in the dietary habits and nutritional interventions in this age group suffering from various diseases, including lifestyle and rare diseases. We invite you to submit original papers, reviews, intervention studies, and cross-sectional studies. This Special Issue provides a platform for research on the effectiveness of nutrition interventions, health education, and strategies to support healthy eating habits. We hope that the collected papers will expand our knowledge and contribute to a better understanding of the nutritional challenges that adolescents and young adults face.

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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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