

Special Issue

Diet Quality, Physical Activity, and Fitness in Young Populations

Message from the Guest Editor

Physical activity and physical fitness are amongst the most important factors for improving health in all populations. It is known that higher intensities of physical activity, such as moderate or vigorous physical activity, could be related to better diet quality.

Furthermore, evidence suggests that physical fitness in childhood might also be positively related to diet quality. However, the information provided in this area is still scarce and more research is needed. Therefore, this Special Issue “Diet Quality, Physical Activity, and Fitness in Young Populations” welcomes original research articles as well as reviews and meta-analyses in any subject area related to diet quality, physical activity, and physical fitness in young populations.

Guest Editor

Dr. Cristina Cadenas-Sanchez

1. MOVE-IT Research Group, Department of Physical Education, Faculty of Education Sciences University of Cádiz, Cádiz, Spain
2. Department of Health Sciences, Public University of Navarra, Pamplona, Spain

Deadline for manuscript submissions

closed (30 November 2020)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/42463

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)