

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

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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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