

Special Issue

Eating Habits and Health among College and University Students

Message from the Guest Editors

The dietary intake and eating behaviours of university students are commonly poor and associated with poorer mental health, lower academic achievement, and increased risk of weight gain. Internationally, many universities and colleges are committed to being a “health-promoting university”, and implementing initiatives to promote the health and wellbeing of students. However, we currently lack strong evidence to guide the implementation of effective interventions, particularly those aimed at improving dietary intake/eating behaviours of students. Therefore, this Special Issue invites submissions on:

- Dietary intake and eating behaviours of university/college students;
- Determinants of dietary intake or eating behaviours of university/college students, including socioeconomic, cultural, environmental, social, and behavioural determinants;
- Associations between dietary intake or eating behaviours of university/college students and their health status;
- Interventions to improve the dietary intake or eating behaviours of university/college students, including those targeting individual behaviour, the food environment, and/or university policy.

Guest Editors

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Deadline for manuscript submissions

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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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