

Special Issue

Mindful Eating

Message from the Guest Editor

Mindful eating has recently been recognized for its important role in increasing awareness about eating practices and promoting behavior change in various clinical populations, such as individuals with binge eating disorder (BED), overweight and obese individuals, and patients with chronic diseases (e.g., type 2 diabetes, cardiovascular disease). However, there is a paucity of scientific evidence on the effects of mindful eating on mental health, especially in young populations with and without disordered eating and older adults with mental-health-related comorbidities. In this Special Issue, entitled “Mindful Eating”, the journal *Nutrients* welcomes the submission of original research manuscripts or articles reviewing the existing literature on the topic of mindful eating in healthy and diseased populations. We particularly encourage submissions with a specific focus on the effects of mindful eating on mood disturbances and mental health in young and older adults with and without chronic diseases.

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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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