

Special Issue

Nutrition and Healthy Lifestyle in Adolescents

Message from the Guest Editor

Stressors such as poverty and economic inequality interfere with adolescents' capacity to develop healthy dietary habits. Many adolescents consume diets that are high in fat intake and processed sugars, and relatively low in fruits and vegetables, fiber, and essential macronutrients. Thus, this increases their risk for develop life threatening chronic diseases in early adulthood. Past research shows that multiple systems of influence shape adolescents' capacity for engaging in healthful eating and long-term lifestyles, including motivational strategies, behavioral approaches, positive parenting practices, and socioecological approaches. Thus, in this Special Issue we highlight a series of papers that are both cross sectional and longitudinal, that build the evidence base to support important behavioral lifestyle approaches for creating long-term dietary improvements in adolescents and especially among those who may be at high risk for health inequities.

Guest Editor

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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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