

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

Prof. Dr. Dawn K. Wilson

Department of Psychology, College of Arts and Science, University of South Carolina, Columbia, SC, USA

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

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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.

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 (IUIBS), 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

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