

Special Issue

Nutritional Approaches to Prevent Weight Regain

Message from the Guest Editor

This Special Issue of *Nutrients*, entitled “Nutritional Approaches to Prevent Weight Regain”, welcomes the submission of manuscripts either describing original research or reviewing the scientific literature, preferably in the form of systematic reviews and meta-analyses. Manuscripts should focus on nutritional strategies to prevent weight regain in overweight and obese individuals that have lost weight, with special attention for optimization of the cardiometabolic risk factor profile. Manuscripts that address potential gender- and age-related differences and individual factors that may predict weight maintenance success are especially welcome. Potential topics may include, but are not limited to:

- advantages and disadvantages of increasing protein intake
- advantages and disadvantages of lowering sugar intake
- differences between healthy dietary patterns

Guest Editor

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Deadline for manuscript submissions

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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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