

Special Issue

Impact of Weight Loss on Appetite Control

Message from the Guest Editor

Weight loss induced by energy restricted diets or exercise leads to significant changes in both the homeostatic and the hedonic appetite control systems, which can impact both weight loss and weight loss maintenance outcomes. Regardless of how weight loss is achieved, an increase in the secretion of the orexigenic hormone ghrelin is seen, in parallel with increased feelings of hunger. Interestingly, ketogenic diets seem to prevent the increase in ghrelin secretion and hunger feelings otherwise seen with weight loss. The objective of this Special Issue on “Impact of weight loss induced by diet or exercise on appetite control” is to publish selected manuscripts detailing how weight loss induced by energy restricted diets, both ketogenic and non-ketogenic, or exercise impact both the homeostatic and the hedonic appetite control systems. Thank you very much for your contribution!

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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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