



Nutritional Sustainability for Youth Development

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Message from the Guest Editor

Dear Colleagues,

This Special Issue will address different aspects, with the potential to advance in sustainable food systems, taking into account nutritional sustainability as a guiding concept. Therefore, given the high and growing prevalence of childhood obesity worldwide, one of the main topics of this issue will be the research on balanced nutrition that helps in the combat of obesity in children and adolescents, and which, in turn, have sustainable characters, from nutritional education in youth (to eat healthy and to choose sustainable food) to the impact that these diets have on the health of young people.

For further reading, please visit the [Special Issue website](#).





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Message from the Editor-in-Chief

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