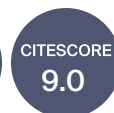




nutrients



an Open Access Journal by MDPI

Feature Articles on Nutrition and Obesity Management

Guest Editor:

Dr. Javier Gómez-Ambrosi

Metabolic Research Lab, Clínica
Universidad de Navarra,
Irurialarrea 1, 31008 Pamplona,
Spain

Deadline for manuscript
submissions:

closed (31 December 2022)

Message from the Guest Editor

Dear Colleagues,

In this Special Issue, we welcome reviews and original articles related to any aspect of obesity management, from the traditional dietary approach (with different types of diets) to metabolic surgery and including pharmacologic treatments. We will consider manuscripts regarding lifestyle modification in relation to physical activity and sleep hygiene. Novel approaches such as the different modalities of intermittent fasting, including aspects relative to their effectiveness or the different physiological mechanisms involved, or the use of innovative technologies such as mobile apps or wearable devices are very welcome. We aim to provide readers with a clear view of the pathophysiological relevance of weight loss and the improvements in cardiometabolic risk factors that take place with different therapeutic approaches, as well as changes in body physiology and energy expenditure that drives toward weight regain. Reviews and original articles analyzing the clinical usefulness of predictors of treatment success and the importance of monitoring body composition in the management of patients living with obesity will also be welcome.



mdpi.com/si/99202

Special Issue



nutrients



an Open Access Journal by MDPI

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

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank: JCR - Q1 (*Nutrition & Dietetics*) / CiteScore - Q1 (*Nutrition and Dietetics*)

Contact Us

Nutrients Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/nutrients
nutrients@mdpi.com
[X@Nutrients_MDPI](https://x.com/Nutrients_MDPI)