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Nutritional Effects on Growth and Development

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Message from the Guest Editors

In all cultures and most languages our mothers used to tell us "if you won't eat you won't grow-up", and they were right. The association between under-nutrition and growth retardation is well documented. Proper nutrition may lead to a better development. Insights to the mechanism by which under or over nutrition affects growth are still imperfect.

In recent decades, a transformation in human eating habits, led to increase in the prevalence of over-weight, obesity and other diet-related chronic non-communicable diseases, this has a clear effect on growth patterns maturation. Do specific diets and nutrients as well as the level of processing of foods have a major effect on growth? Can we modify eating patterns and enhance growth? Is it mediated by the microbiome? How does bone growth affected by specific nutrients?

The aim of this edition is to gather papers from leading researchers on various aspects and different perspectives associated with growth and development including novel directions that have arisen over the last decade.



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Special Issue



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Message from the Editor-in-Chief

Foods (ISSN 2304-8158) is an open access and peer reviewed scientific journal that publishes original articles, critical reviews, case reports, and short communications on food science. Articles are released monthly online, with unlimited free access. Currently, *Foods* has been indexed by the Science Citation Index Expanded (SCIE - Web of Science), PubMed, and Scopus. Our aim is to encourage scientists, researchers, and other food professionals to publish their experimental and theoretical results as much detail as possible. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global food science community.

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