



Dietary Patterns and Health Outcomes in Children and Adolescents

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Message from the Guest Editors

The dietary pattern approach is a recent focus in nutrition research as it seeks to understand the totality of the diet and considers the synergistic effects of multiple food and nutrient components. While considerable research related to dietary patterns in adults and various health outcomes have emerged, research devoted to dietary patterns in children and adolescents in relation to health and the development of diseases over time is still lacking. This gap needs to be addressed as childhood and adolescence together represent one of the most rapid, dynamic and formative phases of human development and a critical period that forms the foundation for establishing healthy lifestyle habits that can track to adulthood.

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Message from the Editor-in-Chief

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