



## Nutrition and Lifestyle Interventions for Cancer Survivors

Guest Editors:

### **Dr. Cindy Blair**

1. Department of Internal Medicine, University of New Mexico, Albuquerque, NM 87131, USA
2. Comprehensive Cancer Center, University of New Mexico, Albuquerque, NM 87131, USA

### **Dr. Carmina G. Valle**

1. Department of Nutrition, Gillings School of Global Public Health and School of Medicine, University of North Carolina at Chapel Hill, Chapel Hill, NC 27599, USA
2. Lineberger Comprehensive Cancer Center, University of North Carolina at Chapel Hill, Chapel Hill, NC 27599, USA

Deadline for manuscript submissions:  
**closed (12 October 2023)**

### **Message from the Guest Editors**

Dear Colleagues,

Due to improvements in early detection and treatment, there were an estimated 44.1 million cancer survivors worldwide in 2020. Adherence to a healthy lifestyle has been recommended to improve health and wellbeing and to reduce the risk of adverse health outcomes in this large and rapidly growing population. Evidence-based guidelines encourage cancer survivors to achieve and maintain a healthy lifestyle through weight management, eating a healthy diet, regular physical activity, and limiting alcohol consumption. While a cancer diagnosis can lead patients to reconsider their lifestyle behaviors, a large proportion of cancer survivors do not meet the recommendations for a healthy lifestyle. Interventions have been and continue to be designed and tested to improve one or more lifestyle behaviors in cancer survivors.

For this Special Issue, we are seeking high-quality manuscripts about lifestyle interventions for cancer survivors focused on improving nutrition and/or physical activity, achieving and maintaining a healthy weight, or reducing use of alcohol.





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## 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

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*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
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