



*nutrients*



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## Nutrition, Diet Components and Healthy Weight

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Deadline for manuscript submissions:

**5 August 2024**

### Message from the Guest Editors

Research on diet quality and healthy weight remains at a critical crossroads in our field. While there have been ground-breaking studies in these areas, there is much more work to be done to clearly elucidate effective measurement tools to assess prevention efforts and intervention efficacy related to nutrition and healthy weight. Research is needed to determine methods to effectively measure diet quality and the most impactful strategies and interventions to improve diet quality related to health and healthy weight. Better understanding of aspects of diet quality and energy regulation at different stages of development will inform the field of obesity prevention and health promotion across the world. This Special Issue will include manuscripts that focus on nutrition, diet components, and food purchasing behaviors in relation to obesity, healthy weight status, weight management and diet quality. We are excited and welcome papers from researchers around the world which investigate the topic of nutrition and diet components in relation to healthy weight. We hope you will consider submitting a paper to this Special Issue!



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## Message from the Editorial Board

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