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The Effect of Diet and Physical Activity on the Weight Management

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Message from the Guest Editor

Dear Colleagues,

Weight is the main indicator for the nutrition and health status. Underweight and overweight are two types of malnutrition which can both increase health risks and have a significant economic impact on global healthcare systems. Diet and physical activity are the main determinants of weight status. Although a lot of previous studies have explored the role of diet and physical activity in weight management, we still need a valid and feasible approach to address the challenge in different periods of life or different physiological statuses, as well as a novel approach for assessing diet and physical activity.

Therefore, the aim of this Special Issue is to focus on diet and/or physical activity in weight management. If you have conducted interesting research on children, adults, elderly, pregnant women, or patients, we encourage you to share your findings in this *Nutrients* Special Issue on “The Effect of Diet and Physical Activity on Weight Management”.

Original research articles, as well as systematic reviews and meta-analyses, are welcome.



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Special Issue



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