



Eating Behavior, Dietary Patterns and Health Outcomes: Insights from Research and Practice

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Message from the Guest Editors

This Special Issue aims to provide a comprehensive overview of the current evidence concerning the associations between eating behaviors, dietary patterns, and health outcomes across different life stages. We welcome submissions that address a wide range of topics related to this theme, including but not limited to:

- The definition, measurement, and characterization of eating behaviors and dietary patterns in various populations and settings.
- The effects of eating behaviors, dietary patterns and nutrient intake on growth, development, cognition, and behavior in children and adolescents.
- Dietary patterns and metabolic health outcomes, including obesity, type 2 diabetes, and cardiovascular disease.
- The interactions between eating behaviors, dietary patterns, genetics, epigenetics, microbiome, and other factors in modulating health outcomes.
- The biological, psychological, social, and environmental determinants and correlates of eating behaviors and dietary patterns.
- The development, implementation, and evaluation of interventions to promote healthy eating behaviors and dietary patterns at individual, family, community, or policy levels.





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