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Food and Nutrition in Obesity: Causes and Policy Considerations

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Message from the Guest Editors

Dear Colleagues,

Obesity is a worldwide problem that has become progressively worse since the current epidemic began in the late 1970s.

Obesity, as a reflection of too much body fat, results from the cumulative storage of more energy from the food that is eaten than is needed for daily energy-requiring activities. It has a strong genetic basis, but almost all agree that, primarily, it reflects the ingestion of more food than is needed. The role of food and nutrition is central to the development, and thus, the resolution of the problem. The recent interest in ultra-processed foods has heightened the nutritional focus on food intake.

In this Special Issue, we will include papers dealing with nutritional considerations as they influence the cause and course of obesity. Thus, macronutrients, fat, protein, and carbohydrates are topics of interest. We will also examine the decisions that are made by policy makers in an effort to prevent or reverse the epidemic, something that is badly needed for both the health of the public and to reduce burgeoning healthcare costs related to obesity.



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Special *Issue*



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