



Dietary and Behavioral Strategies in Obesity Prevention and Weight Control

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Message from the Guest Editors

Dear Colleagues,

Obesity is a major health threat and it is linked to metabolic diseases and overall well-being across the lifespan. It is, in most cases, a multifactorial disease due to a long-term disturbance to the energy balance and metabolic homeostasis of individuals, as well as obesogenic environments. Food patterns, macronutrients, as well as their specific components (e.g., amino acids, fatty acids, etc.), are the main determinants in energy intake, but more recent evidence has implicated the potential effects of chrono-nutrition (namely, when we eat or perform activities, intermittent fasting, etc.) in the development of obesity and weight management. In addition, the specific contribution of other energy-balance-related behaviors to obesity and weight management is still a matter of active debate.

This Special Issue aims to host original articles, (systematic) reviews, and meta-analyses that will advance current knowledge on the role of nutrition and health behaviors in the development of obesity and weight management both in children and adults, and describe novel approaches through lifestyle modification for the prevention or management of obesity.





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