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Dietary Intake and Obesity in Youth

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Message from the Guest Editor

Childhood and adolescence represent unique, highly dynamic periods of growth and development that form the basis for future wellbeing and productivity in adulthood. There is no doubt that appropriate dietary intake in this time window is critical for forming good eating habits later in life. Appropriate dietary intake provides the nutrients required for growth, cognitive development and adequate sexual development. A very large proportion of the population worldwide falls within the category of school age or adolescence, and it is imperative to learn more about the dietary intake as well as eating habits of these individuals. In recent decades, increasing attention has been paid to the importance of nutrition early in life, including the fetal period. However, less is known about the role of dietary intake in the subsequent phases of development. The aim of this Special Issue is to update knowledge on dietary intake in childhood and adolescence, with a special emphasis on the role of dietary intake in these age groups in obesity development and/or therapy.



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Message from the Editorial Board

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