



nutrients



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Eating Behaviors Interventions in Rural Communities

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Message from the Guest Editor

A balanced diet is a very important factor in child development and human health. Unfortunately, the results of many studies indicate nutritional shortcomings in various population groups around the world, especially in rural areas. Depending on an area's geographic location, economic level, infrastructure and culinary traditions, nutritional problems vary. Some areas experience nutrient deficiencies and thus malnutrition, while others are characterized by consumption of highly processed, high-energy, low-nutrient-density foods, which increases the risk of overweight and obesity. Therefore, actions should be taken to combat these issues, such as promoting a proper lifestyle and eating habits.



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