



## **Dietary Habits in Children and Adolescents and Their Effects on Obesity and Cardiovascular Diseases**

Guest Editors:

### **Dr. Anastasia Z. Kalea**

1. Institute of Liver and Digestive Health, Division of Medicine, Institute of Cardiovascular Science, University College London, London, UK

2. Division of Medicine, University College London, Rayne Building, London WC1E 6JF, UK

### **Dr. Efstathia Papada**

UCL Division of Medicine, University College London, London, UK

Deadline for manuscript submissions:

**5 July 2025**

### **Message from the Guest Editors**

Dear Colleagues,

Excess weight in children and adolescents is associated with poor dietary habits and can lead to increased prevalence of cardiovascular complications in adulthood.

We invite researchers to submit original research or review articles which focus on successful approaches and interventions in order to promote healthy weight and optimal cardiometabolic health in children and adolescents. We welcome studies that examine factors relevant to the poor eating habits associated with hidden hunger, emotional eating and restrictive diets, low dietary intakes of fruits and vegetables and high dietary intakes of ultraprocessed foods. The limited safe treatment options and weight management strategies available for these population groups. We invite the submissions that explore effective interventions in different settings or environmental factors which facilitate changes in dietary behaviors. Studies should focus on well-being and healthy living in children and adolescents, as well as on the development of skills and habits that support a healthy active lifestyle.





an Open Access Journal by MDPI

## Editors-in-Chief

### **Prof. Dr. Lluís Serra-Majem**

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

**Journal Rank:** JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Food Science)

## Message from the Editorial Board

*Nutrients* is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

## Contact Us

*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
www.mdpi.com

mdpi.com/journal/nutrients  
nutrients@mdpi.com  
X@Nutrients\_MDPI