



Healthy Eating: Promote a Healthy Lifestyle among Adolescents

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Message from the Guest Editors

The nutrition transition phenomenon is emerging in adolescents that move away from regional food habits, such as a Mediterranean-style diet, and instead adopt a Western diet or other unhealthy eating habits, such as skipping meals. Promoting a healthy lifestyle and healthy eating in adolescents and young adults is a challenge.

This Special Issue is dedicated to identifying strategies to improve healthy eating in adolescents. It aims to provide new insights in this age in:

- Epidemiological data regarding the promotion of healthy eating habits to prevent malnutrition for defect and excess;
- Public, or local educational programs for the target population;
- Socio-economic, environmental, ecological, cultural and psychological determinants of healthy eating;
- Tailored strategies for lifestyle in adolescents;
- Healthy eating preferences among gender;
- Metabolic and food intake effects related to healthy and unhealthy eating habits;
- Nutrients and food effects on healthy eating;
- The role of school, food industry, marketing and policy makers;
- Peer and environment pressure;
- Original papers, reviews, and meta-analyses will be accepted.



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