



*nutrients*



an Open Access Journal by MDPI

## Childhood Obesity and MUO (Metabolically Unhealthy Obesity): Pediatric Nutrition and Dietary Patterns

Guest Editors:

### **Prof. Dr. Elvira Verduci**

1. Department of Health Sciences, Università di Milano, 20122 Milan, Italy  
2. Department of Pediatrics, Vittore Buzzi Children's Hospital, 20154 Milan, Italy

### **Dr. Giulia Fiore**

1. Department of Health Sciences, University of Milan, 20122 Milan, Italy  
2. Department of Pediatrics, Vittore Buzzi Children's Hospital, 20154 Milan, Italy

### **Dr. Elisabetta Di Profio**

1. Department of Health Sciences, University of Milan, 20122 Milan, Italy  
2. Department of Pediatrics, Vittore Buzzi Children's Hospital, 20154 Milan, Italy

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

We are pleased to invite researchers to submit original or review papers regarding metabolically unhealthy obesity (MUO) in pediatrics, with an emphasis on dietary patterns and nutrition interventions. Pediatric obesity is characterized by an increased risk of several metabolic derangements. The underlying factors leading to the development of metabolic disturbances in pediatric obesity are under investigation; the most likely one is the development of insulin resistance, mainly caused by adipose tissue inflammation. It is also known that puberal age, in which a physiological decrease in insulin sensitivity occurs, is associated with the transition from the MHO to MUO phenotype. A Mediterranean diet may be a promising approach for the treatment/prevention of metabolic derangements related to obesity. Moreover, the role of specific nutrients or bioactive compounds could be interesting to evaluate. The goal of this Special Issue is to present the latest evidence on dietary patterns or nutrition strategies which, combined with a multidisciplinary approach, are able to prevent/counteract MUO.

Deadline for manuscript submissions:

**closed (15 April 2024)**



[mdpi.com/si/154072](https://mdpi.com/si/154072)

**Special** *Issue*



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)

## 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