



## Advancement in Dietary Assessment and Self-Monitoring Using Technology

Guest Editors:

### Dr. Tracy Burrows

School of Health Sciences,  
Faculty of Health, University of  
Newcastle, Newcastle, NSW 2308,  
Australia

### Dr. Megan Rollo

Priority Research Centre in  
Physical Activity and Nutrition,  
School of Health Sciences,  
Faculty of Health and Medicine,  
University of Newcastle, ATC  
309H, ATC Building, Callaghan,  
New South Wales 2308, Australia

Deadline for manuscript  
submissions:

**closed (28 February 2019)**

### Message from the Guest Editors

Dear Colleagues,

Although methods to assess or self-monitor intake may be considered similar, the intended function of each is quite distinct. For the assessment of dietary intake, methods aim to measure food and nutrient intake and/or to derive dietary patterns for determining diet-disease relationships, population surveillance or the effectiveness of interventions. In comparison, dietary self-monitoring primarily aims to create awareness of and reinforce individual eating behaviours, in addition to tracking foods consumed. Advancements in the capabilities of technologies, such as smartphones and wearable devices, have enhanced the collection, analysis and interpretation of dietary intake data in both contexts. This Special Issue invites submissions on the use of novel technology-based approaches for the assessment of food and/or nutrient intake and for self-monitoring eating behaviours. Submissions may document any part of the development and evaluation of the technology-based approaches.

Assoc. Prof. Tracy Burrows

Dr. Megan Rollo

*Guest Editors*





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