



nutrients



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Diet and Wellbeing across the Life Course

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Message from the Guest Editor

Dietary quality is a crucial contributor to health. Understanding the associations between nutrition, lifestyle, and mental health is paramount for improving public health, especially because dietary recommendations have varied over time. The double burden of malnutrition—especially during early development—has a profound impact across the life course on health and growth, on the brain, and, consequently, on human capital. The human brain is highly dependent on calories and so has a very high metabolic rate, while nutrient content is vital for neurodevelopment, structure, and function, and thus mental health. Research is needed to better understand the role of early nutrition, during pregnancy and early life, for lifespan wellbeing. Questions remain concerning the impact of micro- or macronutrients, or dietary quality, for wellbeing and mental health across the lifespan. This Special Issue on “Diet and Wellbeing across the Life Course” seeks to elucidate aspects of the syndemic from various perspectives in order to examine the role of nutrition for wellbeing in children/adolescents, adults, and aging populations.



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Special *Issue*



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