



## Impact of Weight Loss on Appetite Control

Guest Editor:

### **Prof. Dr. Catia Martins**

1. Obesity Research Group,  
Department of Clinical and  
Molecular Medicine, Faculty of  
Medicine and Health Sciences,  
Norwegian University of Science  
and Technology, NO-7491  
Trondheim, Norway  
2. Centre for Obesity Research,  
Department of Surgery, St. Olavs  
Hospital, Trondheim University  
Hospital, NO-7491 Trondheim,  
Norway

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submissions:

**closed (15 May 2022)**

### **Message from the Guest Editor**

Dear Colleagues,

Weight loss induced by energy restricted diets or exercise leads to significant changes in both the homeostatic and the hedonic appetite control systems, which can impact both weight loss and weight loss maintenance outcomes. Regardless of how weight loss is achieved, an increase in the secretion of the orexigenic hormone ghrelin is seen, in parallel with increased feelings of hunger. Interestingly, ketogenic diets seem to prevent the increase in ghrelin secretion and hunger feelings otherwise seen with weight loss.

The objective of this Special Issue on “Impact of weight loss induced by diet or exercise on appetite control” is to publish selected manuscripts detailing how weight loss induced by energy restricted diets, both ketogenic and non-ketogenic, or exercise impact both the homeostatic and the hedonic appetite control systems.

Thank you very much for your contribution!

Prof. Dr. Catia Martins

*Guest Editor*





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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

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*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
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