



*nutrients*



an Open Access Journal by MDPI

## Relationship between Taste and Olfactory Function and BMI in Normal-Weight, Healthy Subjects and Patients with Obesity

Guest Editors:

**Dr. Melania Melis**

Department of Biomedical  
Sciences, University of Cagliari,  
09124 Cagliari, CA, Italy

**Dr. Giorgia Sollai**

Department of Biomedical  
Sciences, University of Cagliari,  
Cagliari, Italy

Deadline for manuscript  
submissions:

**closed (31 March 2024)**

### Message from the Guest Editors

Dear Colleagues,

The olfactory and taste systems play an important role in controlling food intake and meal size, influencing body weight and energy balance. Variations in taste and olfactory sensitivities can be due to several factors (e.g., genetic, environmental, or behavioral) which can therefore be considered risk factors for developing obesity. Obesity is a severe health problem linked to an increased risk of comorbidity and mortality, and its etiopathogenesis is correlated with eating habits characterized by stronger preferences for energy-dense foods, such as fats and sweets rather than healthier, but less palatable foods such as fruits and vegetables. Taste and olfaction are important determinants driving food preferences, as they are associated with reward-driven hedonic eating. Metabolic disorders linked to obesity can also contribute to individual differences in sensory perception.

For this Special Issue, we invite the submission of original research articles and comprehensive reviews that focus on taste and olfactory perception, food preferences, and their implications in body mass index.



[mdpi.com/si/165088](https://mdpi.com/si/165088)

# Special Issue



# *nutrients*



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 & Dietetics*) / CiteScore - Q1 (*Nutrition and Dietetics*)

## Contact Us

*Nutrients* Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/nutrients](http://mdpi.com/journal/nutrients)  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)  
[X@Nutrients\\_MDPI](https://twitter.com/Nutrients_MDPI)