



## Impact of Food Choice on the Health of Adolescents

Guest Editors:

**Prof. Dr. Antonio Luis  
Villarino-Marín**

Facultad de Medicina,  
Universidad Complutense de  
Madrid, 28040 Madrid, Spain

**Prof. Dr. Jesús Román  
Martínez Álvarez**

Facultad de de Enfermería,  
Fisioterapia y Podología,  
Universidad Complutense de  
Madrid, 28040 Madrid, Spain

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### Message from the Guest Editors

Dear Colleagues,

Adolescence plays a decisive role in the process of nutritional development of a person. In the formative period, childhood, the nutritional needs of a person are met by their parents; however, by adolescence, individuals get better acquainted with their body systems and are thus capable of making their own food choices, ones that are well suited for their needs.

However, in this phase of life, individuals are rather susceptible to advertising and social media influence as well as peer pressure, which might propel them to adopt certain food habits that are detrimental to their health. Therefore, there is a dire need to make the teenagers aware of the impact of nutrition and diet on health (in particular, the Mediterranean diet), thereby helping them to make balanced and proper food choices. By doing so, we could effectively combat the endemic of obesity, and other severe diseases, that is becoming increasingly common in the youths. Measures should also be taken to introduce stringent food health policies.

This Special Issue invites papers that address all relevant aspects of food choices and nutrition impacting the health of adolescents.





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## 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

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

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