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Dietary Assessment for Weight Management and Health Maintaining

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Message from the Guest Editors

Today, the main health problems continue to be those related to inadequate eating habits, like obesity, cardiovascular diseases, and certain types of cancer, among others.

To improve the eating habits of the population and to implement adequate health-related policies, it is necessary to carry out an adequate dietary assessment. Despite great technological advances, dietary assessment still has some limitations.

Moreover, new challenges related to dietary assessment are ahead. Food quality markers have been developed to provide people with clearer nutritional information, but its usefulness for improving eating habits is not yet clear. New statistical and informatics procedures can provide new insights into the relationship between nutrient intake and health. Furthermore, the development of smartphone applications and wearable devices can open a world of possibilities regarding dietary and health assessment.

The aim of this Special Issue is to summarize the latest advances in dietary assessment, specifically those that refer to the use of new data analysis techniques, tools and other indicators that allow evaluating eating habits and their influence on diseases such as obesity.



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Special Issue



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