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**NUTRITION AND DIET RESEARCH PROGRESS**

**HEALTHY LIFESTYLES  
AND HEALTHY EATING**

**LENA WILSON  
EDITOR**



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| Summary: "Healthy Lifestyles and Healthy Eating opens with a study wherein a review is conducted to examine non-Hispanic blacks' dietary patterns to determine the extent to which their dietary patterns conform to dietary recommendations. Next, the authors present conclusions and reflections about the role of motivation-related variables on healthy eating habits among elementary school students. Additionally, student engagement with Google Classroom as an online complementary tool in a hybrid school-based intervention to promote healthy eating among elementary school-aged children is explored and described. Some results of the EATMOT project are presented, including perceptions about healthy eating, sources of information about healthy diet and healthy motivations for food choice. A subsequent study aims to determine the role that eating motives and risk perception of potential diseases may play in adolescents' health-conscious eating behavior. The authors summarize the potential effect of moderate exercise on responses to stressful situations, as well describe its neurobiological underlying basis in different periods of life. Pharmacy students' attitudes towards dietary supplements use are assessed through a cross-sectional questionnaire survey taken by 117 pharmacy students in the Medical University of Plovdiv, Bulgaria. The growing evidence regarding the influence of gender on the effectiveness of multifactorial interventions to improve lifestyles is assessed. Evidence linking maternal lifestyle to the offspring's long-term clinical outcomes is described, focusing on hypertension and cardiovascular disease risk, as well as discussing the role of epigenetic processes in metabolic syndromes"--

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