

## Editorial

Dear all,

On behalf of my editorial board, I am delighted to introduce you to the updated version of *Arab Journal of Nutrition and Exercise*. The journal was launched in 2016 and has included many research publications from the MENA region as well from Europe and other countries. The new version includes a new outside cover and an updated inside information with a more concise academic editorial board, a more in-depth scope and a very detailed author guidelines section. The journal follows an international diversity of its editorial board, and announces in detail the publishing policies, instruction to authors as well all ethical standards related to submission and publication. Therefore, we invite and welcome submissions from around the region and world.

The first issue of 2022 year includes topics related to obesity, food safety, and physical education. More specifically, this issue presents two original articles, two review articles and a conference summary report from the Dubai Nutrition conference that took place in October 2021. The journal will continue to bring high-quality articles with new scientific nutrition information. I hope you enjoy reading all articles.

Editor-in-Chief

Prof. Dimitrios Papandreou

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