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The Impact of Vegan Diet in the Prevention and Treatment of Type 2 Diabetes

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Message from the Guest Editor

Dear Colleagues,

In recent years, there has been a strong global shift toward vegetarianism and veganism, particularly among adolescents and young adults. As plant foods are nutritious and provide especially dietary fiber, evidence suggests that there are benefits from well-planned vegetarian or vegan diets in the prevention and treatment of type 2 diabetes. In this context, however, the supply of critical nutrients in plant-based diets, e.g., long-chain n-3 fatty acids, vitamin B2, vitamin B12, vitamin D, calcium, iodine, selenium, iron, and zinc, must be considered to improve the general health state. The purpose of this Special Issue on “The Impact of a Vegan Diet in the Prevention and Treatment of Type 2 Diabetes” is to explore and highlight the potential of well-planned plant-based strategies to reduce the risk and support therapy of type 2 diabetes. This Special Issue aims to highlight the latest research in this field, and we welcome all reviews, research papers, and experimental and empirical studies.



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Special Issue



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