

Special Issue

The Relationship between Nutrition and Diseases 2.0

Message from the Guest Editor

Hippocrates said “Let food be thy medicine, and let medicine be thy food” and since that time, there has been a great and growing interest in studying the potential link between nutrition and diseases, mainly under two disciplines, “Nutritional Epidemiology” and “Lifestyle Medicine”. To date, a wide spectrum of results have confirmed this link; however, many of those need to be interpreted with caution, before jumping to conclusions in proposing certain nutrients as preventative and therapeutic strategies for diseases. This is because many of these findings derive from cross-sectional studies that indicate only simple associations between a certain nutrient and specific a disease and do not provide solid information regarding any causal relationships between the two conditions. This Special Issue will provide a platform for the presentation of recent advances in knowledge on the “real” relationship between nutrition and diseases, coming from diverse scientific disciplines.

Dr. Agnes Ayton

Guest Editor

Prof. Dr. Marwan El Ghoch

Center for the Study of Metabolism, Body Composition and Lifestyle,
Department of Biomedical, Metabolic and Neural Sciences, University
of Modena and Reggio Emilia, 41125 Modena, Italy

Deadline for manuscript submissions

closed (15 April 2023)



Diseases

an Open Access Journal
by MDPI

Impact Factor 3.0
CiteScore 3.7
Indexed in PubMed



mdpi.com/si/135835

Diseases
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
diseases@mdpi.com

[mdpi.com/journal/
diseases](https://mdpi.com/journal/diseases)





Diseases

an Open Access Journal
by MDPI

Impact Factor 3.0
CiteScore 3.7
Indexed in PubMed



[mdpi.com/journal/
diseases](https://mdpi.com/journal/diseases)



About the Journal

Message from the Editor-in-Chief

Diseases is an international, peer-reviewed, open access, multidisciplinary journal that focuses on the latest outstanding research concerning diseases and conditions. Research articles, reviews, and other contents are released on the Internet immediately after acceptance. This journal aims to cover international conferences and symposia as new targets.

Diseases is increasingly gaining acceptance and visibility within scholars, and after only a few years of life, *Diseases* is now also covering specific topics with dedicated special issues. We would be pleased to welcome you as one of our authors.

Editor-in-Chief

Prof. Dr. Omar Cauli

Frailty and Cognitive Impairment—FROG Research Group, University of Valencia, 46010 Valencia, Spain

Author Benefits

High Visibility:

indexed within Scopus, ESCI (Web of Science), PubMed, PMC, CAPIus / SciFinder, and other databases.

Journal Rank:

JCR - Q2 (Medicine, Research and Experimental)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 21 days after submission; acceptance to publication is undertaken in 3.5 days (median values for papers published in this journal in the second half of 2025).