

Special Issue

The Relationship between Eating Habits, Obesity and Diabetes

Message from the Guest Editors

Lifestyle modifications, including dietary changes, have demonstrated effectiveness in preventing obesity and diabetes, with several mechanisms elucidated to underscore the protective impacts of these interventions. Healthy eating habits, particularly regarding food composition, timing and sequence, can result in significant glycemic benefits. Increasing evidence has suggested that unhealthy eating habits, including snacking, fast eating speed, and poor meal timing, are associated with an increased risk of obesity and poor glycemic control. This is particularly crucial for individuals with diabetes, who need to prioritize glucose control for diabetes management. An additional focal point involves the influences of environmental and social factors on the formation of eating habits. Unresolved questions persist, particularly regarding the development of healthy eating habits and the complex interplay between eating habits and the environment. This Special Issue aims to compile the latest research findings on eating habits and lifestyle in relation to obesity and diabetes prevention. Original research articles and reviews are welcome.

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