

Special Issue

Dietary and Nutritional Approaches in the Prevention and Management of Obesity and Type 2 Diabetes

Message from the Guest Editor

Obesity and type 2 diabetes are the biggest public health problems worldwide, causing significant economic and health burdens. Several dietary approaches have been effective in the prevention and management of obesity and type 2 diabetes, and emerging research showed a potential for type 2 diabetes remission with a low-calorie diet intervention. A better understanding of patients' perceptions is still required in order to develop interventions tailored to different populations, cultures and ethnicities and improve patient-centred care and clinical outcomes. This Special Issue focuses on dietary and nutrition approaches for prevention and management of obesity, type 2 diabetes and their associated diseases, while taking into account the impact of cultural and social factors. Submissions of original articles, systematic reviews, short communications, and other types of article on related topics are welcome. All manuscripts will follow standard journal peer-review practices, and those accepted for publication will appear in the Special Issue.

Guest Editor

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About the Journal

Message from the Editor-in-Chief

Healthcare is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

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