

Special Issue

Effects of Diet and Nutrients on Prediabetes/Diabetes

Message from the Guest Editors

Type 2 diabetes (T2D) is a prevalent chronic disease marked by impaired insulin action or secretion, leading to hyperglycemia. Often accompanied by cardiovascular risk factors, T2D causes severe complications and reduced quality of life. Globally, over 460 million people are affected, with rising prevalence driven largely by obesity and physical inactivity—factors accounting for >90% of cases. T2D is typically preceded by prediabetes, where early metabolic disturbances are already evident.

Unhealthy dietary patterns—high in processed foods, sugary drinks, and unhealthy fats—increase T2D risk. Conversely, diet is critical for prevention and management. Healthy eating, including increased intake of non-starchy vegetables, lean or plant-based proteins, high-quality carbohydrates, and low-fat dairy, can help delay or prevent T2D onset.

This Special Issue aims to provide a platform for studies related to the effects of diet and nutrients on pharmacology, molecular biology, and any other issues associated with the disruption of molecular mechanisms in prediabetes/diabetes. Original research articles and review articles that provide an overview of advancements in this field are welcome.

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