

Special Issue

Precision Nutrition as a Medicine in Disease Prevention and Management

Message from the Guest Editor

Although interest in precision nutrition has been increasing, there are still no large long-term clinical trials showing the efficacy/effectiveness of certain diets/nutrients and/or eating frequencies/times for enhancement of particular health outcomes in an individual or in a small group of people with similar characteristics. In this context, the fundamental role of dietitian-nutritionists and researchers would be to investigate and find a specific diet for a specific individual based on their specific condition, built on evidence-based principles and research. Currently, such precision nutrition data and studies are rare, except maybe for some cancers. This Special Issue welcomes the submission of either original research manuscripts or reviews of the scientific literature. Manuscripts should address possible interventions with diet or individual nutrients or foods that could be applied to elicit the beneficial changes in health and disease. Topics may include (but are not limited to) interventions or reviews with: macro and micronutrients, antioxidants, bioactive compounds in food, energy, alcohol and caffeine consumption, beneficial nutritional impact, chrono-nutrition.

Guest Editor

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Deadline for manuscript submissions

closed (15 October 2023)



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About the Journal

Message from the Editor-in-Chief

Journal of Personalized Medicine is one of the few journals that covers the diverse areas involved in the field, including research at basic, translational, and clinical levels. It focuses on “omics”-level studies that seek to define the basis of interindividual variation in susceptibility for a disease, its prognosis or definition of clinical subsets, and response to therapy (pharmacogenomics). We are also interested in systems biology as it relates to interindividual variation, and research on new methodologies, informatics, and biostatistics, in the aforementioned areas.

Editor-in-Chief

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Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 25 days after submission; acceptance to publication is undertaken in 5.8 days (median values for papers published in this journal in the second half of 2025).