

Special Issue

Nutritional Intervention and Metabolic Health: Carbohydrates and Keto Diet

Message from the Guest Editor

The optimal macronutrient composition for maintaining metabolic health remains a subject of active scientific discussion, particularly regarding the comparative effects of low-fat and high-fat ketogenic diets (KDs). These findings emphasise the complex relationship among carbohydrate restriction, lipid metabolism, and long-term metabolic outcomes.

This Special Issue aims to examine how variations in carbohydrate intake and ketogenic dietary patterns influence glucose and lipid metabolism, insulin resistance, and cardiometabolic risk. We welcome studies addressing obesity, type 2 diabetes, and cardiovascular disease, as well as research exploring gut microbiota interactions and their role in metabolic regulation. Multi-omics approaches integrating genetic, epigenetic, and microbial determinants are encouraged. By combining molecular insights with clinical evidence, this Special Issue seeks to advance personalised nutrition strategies that promote metabolic resilience and support the prevention of chronic metabolic disorders.

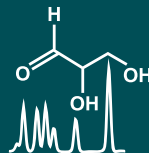
Guest Editor

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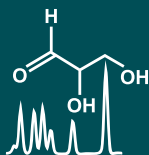


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About the Journal

Message from the Editor-in-Chief

The metabolome is the result of the combined effects of genetic and environmental influences on metabolic processes. Metabolomic studies can provide a global view of metabolism and thereby improve our understanding of the underlying biology. Advances in metabolomic technologies have shown utility for elucidating mechanisms which underlie fundamental biological processes including disease pathology. *Metabolites* is proud to be part of the development of metabolomics and we look forward to working with many of you to publish high quality metabolomic studies.

Editor-in-Chief

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