

## Special Issue

# Diet and Nutrition in Relation to Metabolic Health

### Message from the Guest Editor

Diet and nutrition are among the main drivers of human health. Evidence has shown that persistent disturbance of nutrient-related metabolism and/or energy balance induces cellular and molecular stress leading to metabolic dysregulation and, eventually, disease.

Understanding the metabolic consequences of diet, particularly the mechanisms by which specific nutrients and non-nutrient food components interact with metabolic pathways, is of utmost importance in the context of a globally rising incidence of diet-related metabolic diseases, such as obesity and type 2 diabetes. To emphasize the research efforts that address the tight interaction between diet, nutrition, and metabolic health, the editors of *Metabolites* (MDPI group) are launching a Special Issue on 'Diet and Nutrition in Relation to Metabolic Health'. We welcome submissions of original primary research articles on studies investigating the role of diet, nutrients, and non-nutrient food compounds on human health, including preclinical work carried out in animal models as well as clinical studies, in both interventional and observational settings.

---

### Guest Editor

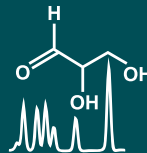
Dr. Marta P. Silvestre

NOVA Medical School, NOVA University of Lisbon, 1169-056 Lisbon, Portugal

---

### Deadline for manuscript submissions

closed (20 February 2025)



## Metabolites

---

an Open Access Journal  
by MDPI

---

Impact Factor 3.7  
CiteScore 6.9  
Indexed in PubMed



[mdpi.com/si/208244](https://mdpi.com/si/208244)

*Metabolites*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[metabolites@mdpi.com](mailto:metabolites@mdpi.com)

[mdpi.com/journal/  
metabolites](https://mdpi.com/journal/metabolites)





# Metabolites

---

an Open Access Journal  
by MDPI

---

Impact Factor 3.7  
CiteScore 6.9  
Indexed in PubMed



[mdpi.com/journal/  
metabolites](https://mdpi.com/journal/metabolites)



## 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

Dr. Amedeo Lonardo  
Internal Medicine, Ospedale Civile di Baggiovara, Azienda Ospedaliero-Universitaria, 41126 Modena, Italy

---

### Author Benefits

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, Embase, CAPlus / SciFinder, and other databases.

#### Journal Rank:

JCR - Q2 (Biochemistry and Molecular Biology) / CiteScore - Q2 (Endocrinology, Diabetes and Metabolism)

#### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 16.7 days after submission; acceptance to publication is undertaken in 3.6 days (median values for papers published in this journal in the second half of 2025).