

# Special Issue

## Effects of Diet on Metabolic Health of Obese People

### Message from the Guest Editors

This Special Issue aims to provide a comprehensive understanding of the role of diet and bioactive compounds in supporting the metabolic health of people with excessive adipose tissue, as well as to present the negative impact of dietary patterns or food components on health. Both nutrients and their metabolites constitute the key biological and functional outputs linking metabolic pathways with health and disease. Advances in research methods and techniques, such as metabolomics, make it possible to capture the subtle changes in the metabolome as a result of the different dietary patterns or dietary interventions. The overall focus of this Special Issue is to investigate the effect of food components and dietary interventions on the changes in metabolic health. Metabolic health biomarkers include various components, such as body composition, insulin resistance, lipid profiles, and inflammation. This Special Issue unravels their associations with diet, dietary patterns, dietary interventions, dietary supplements, and bioactive compounds.

### Guest Editors

Dr. Magdalena Górnicka

Dr. Marta Jeruszka-Bielak

Dr. Irena Keser

### Deadline for manuscript submissions

closed (30 June 2025)



## Metabolites

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CiteScore 6.9  
Indexed in PubMed



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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.

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### Editor-in-Chief

Dr. Amedeo Lonardo

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manuscripts are peer-reviewed and a first decision is provided to authors approximately 14.4 days after submission; acceptance to publication is undertaken in 3.6 days (median values for papers published in this journal in the first half of 2025).