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The Role of Dietary Nutrients and Timing of Their Intake in Insulin Resistance

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Message from the Guest Editor

Dear Colleagues,

Insulin resistance (IR) is a metabolic condition at the core of a number of serious metabolic disabilities, for example, hypertension, coronary heart disease, prediabetes, and type 2 diabetes. While there is considerable understanding of how the health benefits of both acute and long-term exercise can help in reducing IR, the influence of nutrition in preventing or ameliorating this serious metabolic condition is less well understood.

We are inviting you to contribute research and reviews to this Special Issue that aim to increase our understanding of the role played by dietary macronutrients, micronutrients and supplements, as well as the timing of nutrient intake, in IR. We hope that we can advance our understanding of this important topic with your valuable contributions.

Prof. Dr. Katarina T. Borer

Guest Editor



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Special Issue



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