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

Guest Editor:

**Dr. Katarina T. Borer**

School of Kinesiology, The  
University of Michigan, Ann  
Arbor, MI 48104, USA

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submissions:

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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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3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

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