



Adiposity, Diabetes and Metabolic Diseases

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Message from the Guest Editors

Adiposity, insulin resistance and other metabolic and inflammatory complications profoundly impact the risk of diabetes and the risk of mortality, morbidity and disability worldwide. Pharmacological research produced important solutions in the treatment of these pathological consequences although preventive approaches, especially in dietary and nutritional interventions, are still lacking.

Poor awareness of the problem among laypeople, recognized by healthcare providers and stakeholders, lack of precise guidance, as well as contrasting data from the literature and constraints in the design of epidemiological and clinical trials, together contribute to this gap.

These and other critical issues, along with the most robust evidence from clinical trials, will be addressed in this Special Issue of *Nutrients*, which aims to implement a qualified and open evidence-based discussion on pathophysiological aspects related to metabolic health. This Issue will provide an up-to-date set of information useful for basic, translational and clinical readers of *Nutrients*.





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