



## Dietary Assessment in Diabetes

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### Message from the Guest Editors

Dear Colleagues,

Diabetes mellitus is a well-known, major global health issue, affecting up to 500 million people, or approximately 9%, of the adult population worldwide. Nutrition holds a central position in diabetes management strategies, constituting perhaps the most relevant part of diabetes prevention programs and being a continuously integrated part of diabetes therapy. Dietary assessments and the information provided can act as the main adjuncts to newer emerging technologies, such as continuous glucose monitoring and insulin pumps, but can also aid towards achieving a better management of diabetes complications, such as nephropathy and cardiovascular disease. Dietary assessments also play a major role in micronutrient intake, which is crucial to diabetes mellitus type 2, as certain micronutrient deficiencies (even by malabsorption from medication) can result in complications. Therefore, nowadays, nutrition is the key to the better management of diabetes because nutrition is involved in the pathophysiology of diabetes by affecting insulin sensitivity and secretion.

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