



Impact of High Fiber Diet, High Protein Diet and Low Carbohydrate Diet and of Fat Mass on Diseases Prevention and Treatment

Guest Editors:

Prof. Dr. Antonino De Lorenzo

Section of Clinical Nutrition and
Nutrigenomics, Department of
Biomedicine and Prevention,
University of Tor Vergata, Via
Montpellier 1, 00133 Rome, Italy

Dr. Paola Gualtieri

Section of Clinical Nutrition and
Nutrigenomics, Department of
Biomedicine and Prevention,
University of Rome Tor Vergata,
Rome, Italy

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Message from the Guest Editors

The global spread of chronic disease (CD), helped by poor nutrition, needs targeted interventions. Currently, it is being demonstrated that obesity is the second risk factor for COVID-19. It is, therefore, fundamental to collect all the information regarding obesity.

Prevention is the most important tool to reduce the long-term incidence and costs of COVID-19; although, at the moment, studying the incidence of this disease in obese people in the current pandemic carries the same importance.

The cure of obesity is a challenge that must be overcome. Different dietetic treatments have been proposed over the years, with some showing more effectiveness than others. Low-carbohydrate diets have shown good results, e.g., high-protein diets.

These topics should be better investigated, and for this reason, we invite authors to submit original research and new reviews to improve the knowledge in this field.





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Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación
Biomédica en Red Fisiopatología
de la Obesidad y la Nutrición
(CIBEROBN), Institute of Health
Carlos III, 28029 Madrid, Spain
2. Research Institute of
Biomedical and Health Sciences
(IUIBS), University of Las Palmas
de Gran Canaria, 35001 Las
Palmas, Spain
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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Contact Us

Nutrients Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

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