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## Precision Nutrition and Metabolic Disease

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### Message from the Guest Editor

Dear Colleagues,

The rising prevalence of obesity and metabolic disease in the form of prediabetes, type 2 diabetes, non-alcoholic fatty liver disease (NAFLD) and lipid disorders is a major global health issue. Despite the efforts of lifestyle interventions, i.e. diet, physical activity, smoking, etc., to prevent and manage such diseases, this problem continues to grow at an alarming rate. Tailored nutrition prescription that complements a person's unique genetic profile is a new way to provide specific nutritional advice that can support health maintenance and disease prevention.

This special feature issue explores precision nutrition and attempts to provide specific nutritional and dietary strategies to prevent or manage obesity and metabolic diseases, as well as complications associated with such diseases. Studies investigating the challenges associated with the concept and its implementation will also be included.

Dr. Matthew Cooke  
*Guest Editor*



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**Special** *Issue*



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