



*nutrients*



an Open Access Journal by MDPI

## Diabetes and Endocrinology: Diet, Glucose Metabolism and Insulin Resistance

Guest Editor:

**Dr. Elaine Chow**

Faculty of Medicine, The Chinese University of Hong Kong, Hong Kong

Deadline for manuscript submissions:

**closed (15 March 2023)**

### Message from the Guest Editor

In nutrition, diet is the sum of food consumed by a person. The word “diet” often implies the use of a specific intake of nutrition for health or weight-management reasons. Both diet quality and quantity are associated with the development of type 2 diabetes mellitus, across many genetic backgrounds. Nutritional management of blood glucose levels and insulin response is a strategic target in the prevention and management of type 2 diabetes mellitus. Insights into how dietary factors affect glucose metabolism and insulin resistance are essential to understanding the effect of food on glycemic regulation and the underlying metabolic derangements. There is an ongoing debate on what constitutes a “healthy diet” in cardiometabolic disease. There is growing recognition of the complex interplay between diet, gut microbiota, and the gut hormonal and inflammatory milieu in glucose metabolism. This research topic aims to present the latest evidence about the role of dietary elements/interventions in the prevention or management of prediabetes or type 2 diabetes.



[mdpi.com/si/132483](https://mdpi.com/si/132483)

# Special Issue



# *nutrients*



an Open Access Journal by MDPI

## Editors-in-Chief

### **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

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

**Journal Rank:** JCR - Q1 (*Nutrition & Dietetics*) / CiteScore - Q1 (*Nutrition and Dietetics*)

## Contact Us

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

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/nutrients](http://mdpi.com/journal/nutrients)  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)  
[X@Nutrients\\_MDPI](https://x.com/Nutrients_MDPI)