



Diet, Nutrition and Abdominal Obesity

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Deadline for manuscript
submissions:

closed (10 January 2020)

Message from the Guest Editors

Dear Colleagues,

Abdominal obesity has been associated with the development of insulin resistance, dyslipidemia, hypertension, diabetes type 2, cardiovascular disease, colorectal cancer, and cognitive impairment. A significant number of publications have analyzed general obesity, but fewer studies have quantified the prevalence of abdominal obesity among the population, or have studied its relationship with diet, nutrition, and other lifestyle factors.

This Special Issue will focus on the studies on the role of dietary patterns, energy balance and nutrients situation, number of meals and snacks consumed per day and composition, and the role of chrononutrition in relation with abdominal obesity in different age groups. It is necessary to delve into the knowledge of those dietary risk and protective factors related to abdominal obesity and to analyze the efficacy and safety of food-based interventions, dietary supplements, or of interventions that combine multiple approaches so as to prevent or properly treat this health condition, both individually and collectively.

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

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