

Special Issue

Understanding Variation in Responses to Nutrients/Diet: Implications for Obesity

Message from the Guest Editors

Genetic variation in humans has been shaped by diet and food availability, among other environmental factors. It is also recognized that variation in responses to diet is influenced by genetic variation as well as the microbiome and epigenetics. One area of variation that is acknowledged as important but still understudied in nutrition is the inherent differences in individual responses to diet and their effect on the risk for chronic diseases such as obesity. The increasing prevalence of obesity has been a cause of concern. Understanding inter-individuality in dietary responses and physiological adaptations to weight loss and/or weight changes, and the genetic, microbiome, or epigenetic influences on them, can provide a better understanding of the pathophysiology of obesity and take us a step closer to developing effective personalized nutritional plans. Original research articles and reviews (systematic reviews, critical reviews, and meta-analyses) are welcome.

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Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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