

Special Issue

Chronotype and Chrononutrition—Implications for Obesity and Metabolic Disorders

Message from the Guest Editors

Obesity, a persistent disease characterized by an excessive amount or distribution of body adipose tissue, is a constantly growing problem that has reached global epidemic status. Obesity often correlates with many other disorders, including coronary artery disease, hypertension, non-alcoholic fatty liver disease, and metabolic complications such as diabetes and dyslipidemia. There are several causes leading to the development of obesity, including genetic and environmental factors. The latter involves incorrect eating habits, avoidance of physical activity, and sleeping deficiency. In recent years, special attention has been paid to chronotype and chrononutrition as factors that contribute to obesity development. The circadian clock determines not only the subject's physiology but also behavior and lifestyle decisions. Chronotype types (morningness, intermediate, eveningness) influence dietary patterns and sleep cycles and, as a consequence, may correlate with the development of excessive body weight. Thus, this Special Issue aims to further evaluate the relationship between chronotype and chrononutrition and the occurrence of obesity and its complications.

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Deadline for manuscript submissions

closed (10 July 2025)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/223391

Nutrients
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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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