

Special Issue

Dietary Habits and Metabolic Health

Message from the Guest Editors

This Special Issue aims to provide a comprehensive overview of the current evidence on the associations between eating habits and metabolic health outcomes across different nutritional factors. The theme of submission includes but is not limited to:

- The impact on metabolic health of changes in nutrients in processed foods under specific dietary habits, including but not limited to protein and lipid oxidation products, glycosylation products, and microbial-involved nutrient composition changes.
- The effects of probiotics and prebiotics in food on human metabolism under specific dietary habits, including changes in gut microbiota, metabolite changes, and the impact on metabolism under different physiological conditions.
- Dietary habits and metabolic health, including the effects of dietary habits on the body's metabolism, such as energy restriction, single nutrient restriction, and intermittent fasting.
- The association between dietary habits and gut-specific microbiota and health risks, and the mitigation and improvement effects of diet and gut microbiota on chronic diseases and their complications.
- Personalized diet-based interventions to body metabolism regulation.

Guest Editors

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Dr. Xue Tang

Dr. Bowen Li

Deadline for manuscript submissions

closed (25 December 2024)



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About the Journal

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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