

Special Issue

Nutritional Approaches for Managing Obesity-Associated Metabolic Diseases

Message from the Guest Editor

Obesity contributes to the development of metabolic disorders such as type-2 diabetes, cardiovascular disease, and non-alcoholic fatty liver disease (NAFLD). These metabolic disorders share the underlying conditions and mechanisms that contribute to their development and progression, including insulin resistance, chronic inflammation, oxidative stress, hypertension, endothelial dysfunction, and dyslipidemia. For this Special Issue, we invite papers that focus on specific metabolic disorders associated with obesity, particularly Type-2 diabetes and insulin resistance, cardiovascular diseases, NAFLD, dyslipidemia, and metabolic syndrome. We encourage research that explores nutritional interventions that target these disorders, with an emphasis on personalized, sustainable dietary strategies. Studies on the Mediterranean diet (and other healthful dietary patterns), functional foods, and nutraceuticals are welcomed. We seek contributions that investigate the biological mechanisms connecting obesity with these metabolic disorders, as well as how dietary modifications can influence key metabolic pathways and improve associated health outcomes.

Guest Editor

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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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