

Special Issue

Research Advances in Intermittent Fasting and Time-Restricted Eating for Human Health

Message from the Guest Editors

Intermittent fasting, which involves cycling between periods of fasting and eating, has gained popularity as a novel dietary intervention for weight loss and health improvement. Based on the length of the cycle, intermittent fasting can be categorized into the 5:2 diet, alternate-day fasting (ADF), and time-restricted eating (TRE). Intermittent fasting has been claimed to help with weight loss, reducing inflammation, increasing autophagy, and elongating lifespan. However, relatively few studies conducted in humans have been published to support these claims. Recent evidence shows that, indeed, intermittent fasting can lead to mild to moderate weight loss (3–5%) in 3–12 months. However, it remains unclear how intermittent fasting may improve other aspects of health as claimed. Moreover, many studies have been performed in healthy populations with normal or elevated BMIs. Therefore, whether intermittent fasting is safe and effective for health improvements in people with chronic diseases is still to be explored. This Special Issue welcomes original research articles and clinical trials highlighting the effect of intermittent fasting on human health.

Guest Editors

Dr. Shuhao Lin

Endocrine Research Unit, Mayo Clinic, Rochester, MN 55902, USA

Prof. Dr. Krista Varady

Department of Kinesiology and Nutrition, University of Illinois at Chicago, Chicago, IL 60607, USA

Deadline for manuscript submissions

15 September 2025



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/231954

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)