

## Special Issue

# Dietary Solutions for Weight Management and Related Metabolic Disorders

### Message from the Guest Editor

Effective dietary strategies play a crucial role in managing weight and related metabolic disorders like obesity, diabetes, and metabolic syndrome. Maintaining a calorie deficit through portion control and mindful eating aids in weight loss; A diet rich in protein, healthy fats, and complex carbohydrates stabilizes energy levels; Whole grains, legumes, and fiber-rich vegetables help prevent blood sugar spikes; Omega-3 fatty acids from fish and nuts improve lipid profiles; Time-restricted eating may enhance fat metabolism and insulin response; Adequate water intake and probiotic-rich foods support digestion and weight regulation.

Combining these dietary solutions with regular physical activity and stress management enhances metabolic health, promoting sustainable weight management. We welcome the original research and review articles that investigate the role of specific dietary patterns, nutrient composition, meal timing, and dietary interventions in improving metabolic outcomes.

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### Deadline for manuscript submissions

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## Nutrients

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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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