

Special Issue

The Influence of Nutrition and Diet Management on the Origin of Type 2 Diabetes

Message from the Guest Editor

Postprandial hyperglycemia is known to precede the development of type 2 diabetes. It is mainly characterized by the insulin resistance of the skeletal muscle and by the failure of timely insulin secretion from the pancreatic β -cells. Hyperglycemia-induced hyperinsulinemia often leads to an unwanted excessive decrease in blood glucose levels, which elicits overeating and the activation of counter-insulin hormonal systems. The glycemic rollercoaster further worsens insulin resistance and the dysfunction of β -cells, creating the vicious cycle that leads to the development of diabetes, and, therefore, can be regarded as the origin of type 2 diabetes. This Special Issue focuses on the influence of nutrition and diet on postprandial hyperglycemia and/or reactive hypoglycemia, which ignites the fire of type 2 diabetes.

Guest Editor

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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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