

Special Issue

Time-Restricted Feeding and Human Health

Message from the Guest Editor

Time-restricted feeding (TRF) has emerged as a promising approach to improving metabolic health and longevity, with growing evidence suggesting that the timing of food intake plays a pivotal role in regulating biological processes. This Special Issue seeks to explore the intersection between TRF and human health, focusing on its effects across a range of physiological systems, including metabolic function, circadian rhythms, weight management, and the prevention of chronic disease. The aim of this Special Issue is to provide a comprehensive overview of current research, examining the underlying mechanisms through which TRF influences human health, as well as the potential clinical applications and public health implications of this dietary strategy. We welcome original research, reviews, and meta-analyses that explore the benefits and challenges associated with TRF in diverse populations, including those with obesity, diabetes, cardiovascular disease, and aging. This Special Issue will highlight novel findings, methodological advances, and the translation of TRF interventions into clinical practice.

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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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