

## Special Issue

# The Role of Dietary Nutrients and Timing of Their Intake in Insulin Resistance

### Message from the Guest Editor

Insulin resistance (IR) is a metabolic condition at the core of a number of serious metabolic disabilities, for example, hypertension, coronary heart disease, prediabetes, and type 2 diabetes. While there is considerable understanding of how the health benefits of both acute and long-term exercise can help in reducing IR, the influence of nutrition in preventing or ameliorating this serious metabolic condition is less well understood. We are inviting you to contribute research and reviews to this Special Issue that aim to increase our understanding of the role played by dietary macronutrients, micronutrients and supplements, as well as the timing of nutrient intake, in IR. We hope that we can advance our understanding of this important topic with your valuable contributions.

### Guest Editor

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### Deadline for manuscript submissions

closed (15 December 2023)



## Nutrients

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Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



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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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