

Special Issue

Medical Nutrition Therapy for the Prevention and Management of Diabetes

Message from the Guest Editors

Medical Nutrition Therapy (MNT) plays a crucial role in the prevention and management of diabetes. Together with proper eating patterns, MNT therapy improves glycemic control, enhances insulin sensitivity, and supports weight management. The macronutrient and micronutrient compositions of healthy dietary plans are essential in targeting every aspect of the disease. Strategies that include managing carbohydrate intake, lowering glycemic index, incorporating fiber-rich foods, adopting certain eating patterns, or adding specific micronutrients have been shown to improve glycemic control. Weight management is also a significant component of MNT, particularly for individuals who are overweight or obese. Weight loss, even as little as 5–10%, can significantly improve insulin sensitivity and glycemic control, as well as reducing the risk of diabetes-related complications. Through personalized dietary interventions and ongoing support from healthcare professionals, individuals with diabetes can achieve better health outcomes. We welcome original research and review articles.

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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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