

Special Issue

Effects of Diet on Carbohydrate and Lipid Metabolism

Message from the Guest Editor

The incidence of several cardiometabolic diseases (e.g., obesity, metabolic syndrome or type II diabetes mellitus) is rapidly increasing worldwide during the last decades accounting for important healthcare costs. Circulating lipids, such as LDL-cholesterol, are a key modifiable risk factor for cardiovascular diseases. Dietary intervention has strong historic links with lipid lowering, and remains the frontline strategy. Thus, the type of diet, and therefore the components of the food (nutrients and non-nutrients), has a determining role in the regulation of metabolism. Changes in diet composition acting on nutrient quality, independently of changes in energy intake, may be effective on cardiometabolic and diabetes risk prevention, offering a more feasible and safe alternative treatment to energy restriction. In this Topic, we invite researchers to submit novelty papers on the effects of nutritional compounds related to carbohydrates and lipid Metabolism. We welcome original research articles, animal and clinical studies, as well as review articles.

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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