

Special Issue

Dietary and Nutritional Guidelines for People with Diabetes

Message from the Guest Editors

It is well known that diabetes is a major global health problem, affecting up to 500 million people worldwide, or approximately 9% of the adult population. Medical nutritional treatment occupies a central position in diabetes management strategies and is probably the most important part of diabetes prevention and treatment. However, the nutrients we intake play a vital role, healthy and balanced nutrition can effectively control blood sugar levels, which is very beneficial to the prevention and treatment of diabetes. Our goal is to delve into the latest strategies of nutrition and diet in the treatment and management of diabetes, hopefully providing more scientific and innovative nutrition and diet guidelines for patients with diabetes. We invite clinicians and researchers to submit relevant scientific work, whether original articles or reviews, to this Special Issue on “Dietary and Nutritional Guidelines For People With Diabetes”.

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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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