

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”.

Guest Editors

Prof. Dr. Daisuke Yabe

1. Department of Diabetes, Endocrinology and Metabolism, Gifu University Graduate School of Medicine, Gifu 501-1194, Japan
2. Department of Rheumatology and Clinical Immunology, Gifu University Graduate School of Medicine, Gifu 501-1194, Japan
3. Center for One Medicine Innovative Translational Research, Gifu University Institute for Advanced Study, Gifu 501-1194, Japan
4. Center for Healthcare Information Technology, Tokai National Higher Education and Research System, Nagoya 464-8601, Japan

Prof. Dr. Katsumi Iizuka

1. The Department of Clinical Nutrition, Fujita Health University, Graduate School of Medicine, 1-98, Dengakugakubo, Kutsukake-cho, Toyoake 470-1192, Aichi, Japan
2. Food and Nutrition Service Department, Fujita Health University Hospital, Toyoake 470-1192, Japan

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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