

Special Issue

The Effect of Patient Education, Dietary Interventions and Physical Activity on Diabetes

Message from the Guest Editors

Diabetes is a significant health and social problem worldwide, leading to serious complications. An unbalanced diet and low physical activity are the most important risk factors for diabetes, in addition to genetics, making both dietary interventions and regular physical activity necessary for its prevention and proper management. However, patients should follow regular patient education sessions if they would like to see lasting improvements in their lifestyle and change their knowledge, attitudes, and skills regarding diabetes. Patient education, dietary interventions, and regular physical activity are now considered powerful therapeutic tools to improve the control of both diabetes and its comorbidities. This Special Issue aims to gather current knowledge on the effect of patient education, dietary interventions, and physical activity not only on the prevention and management of diabetes, but also its complications. We welcome original research and reviews (including systematic reviews and meta-analyses).

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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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