

## Special Issue

# Food–Gut–Brain: Control of Appetite and Weight Management

### Message from the Guest Editor

The relevance of bidirectional interactions between the nervous system and the gastrointestinal tract is now recognized as a crucial mechanism to control energy homeostasis and the core of the pathophysiology of obesity and T2DM and other cardiometabolic diseases involving low-grade inflammatory components. Thus, in this Special Issue, we aim to accept papers and review papers that shed light on relevant mechanisms by which diets and different kinds of foods affect the gut–brain axis, intestine hormones such as, but not limited to, glucagon-1-derived peptide (GLP-1), glucose-dependent insulinotropic polypeptide (GIP), and peptide YY (PYY), reflecting the management of appetite and body weight. Ultra-processed foods (UPFs) are recognized drivers of the overweight and obesity epidemic, which increases the risk of morbidity and mortality. We are also interested in receiving manuscripts that approach the effects of UPFs on the gut–brain axis, gut microbiota, appetite, and weight management.

### Guest Editor

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### Deadline for manuscript submissions

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## Nutrients

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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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