

## Special Issue

# Customized Dietary Interventions for Patients with Diabetes

### Message from the Guest Editors

Diet is a cornerstone in diabetes management for both type 2 and type 1 diabetes. Eating well and promoting a healthy psychological relationship with diet should be part of regular diabetes self-management education plans. Nevertheless, although there cannot be a unique eating plan for every patient, nutritional interventions should be tailored to patient needs. Medical nutrition therapy can prevent diabetes itself, can be the only therapy used in certain diabetes settings (i.e., type 2 diabetes or hyperglycemia at the beginning, well-controlled gestational diabetes), or can be fundamental when used in addition to pharmacological therapy. Considering all of these issues, this Special Issue of *Nutrients*, entitled "Diet in Diabetes: Making a Healthy Eating Plan", encourages authors to submit articles that examine the roles of specific dietary interventions, the pathophysiological means through which these diets improve diabetes and prevent complications, and the use of these interventions in clinical routine. This Special Issue welcomes submissions of original research articles or thought-evoking reviews.

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### Deadline for manuscript submissions

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## Nutrients

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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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