

Special Issue

Exercise and Nutrition for Human Health

Message from the Guest Editor

As our understanding of metabolism and evolution evolves, there is a dichotomy as to whether calorific deficit, or the restriction of dietary components, are the way ahead in healthy lifestyle and longevity. Low-carbohydrate and ketogenic diets have shown great impact on weight management, but evolutionary work suggests that calorific restriction remains effective. This Special Issue will focus on the research on calorific restriction versus dietary interventions for health and explore newer ingredient discoveries using AI platforms to positively affect the lives of consumers. We will explore the role of exercise as a supplement to nutrition and where the evidence lies in terms of supplements and fiber along with the effect of the gut microbiome on health. We will look at the role of muscle in maintaining homeostasis and that of the neuroendocrine system role in maintaining anti-inflammation.

Guest Editor

Dr. Andy Franklyn-Miller

Centre for Health, Exercise and Sports Medicine, University of Melbourne, Melbourne, VIC 3053, Australia

Deadline for manuscript submissions

closed (5 January 2024)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/177343

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

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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 (IUIBS), 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

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)