

Special Issue

Obesity, Inflammation and Diet: The Link Between What We Eat and Chronic Diseases

Message from the Guest Editor

Obesity is a chronic disease characterized by an excessive accumulation of fat in the adipose tissue, which seems to be strongly associated with an increase in the incidence of several serious medical consequences. In fact, the adipose tissue is no longer considered inert and only devoted to a storage function; emerging findings recognize it almost as an active organ involved in the regulation of many physiological but also pathological processes, such as inflammation. This appears to be through the secretion of several adipokines, as well as pro- and anti-inflammatory cytokines. Thus, obesity is an underlying condition for a low-grade inflammatory status, strongly implicated in the physiopathology of the abovementioned obesity-related chronic diseases. Diets or certain dietary patterns unquestionably play an important role in the improvement/deterioration of obesity, inflammation, and obesity-related diseases, as healthy diets and certain nutrients are considered beneficial; however, the impact of some dietary patterns and nutrients is still considered controversial.

Guest Editor

Prof. Dr. Marwan El Ghoch

Center for the Study of Metabolism, Body Composition and Lifestyle,
Department of Biomedical, Metabolic and Neural Sciences, University
of Modena and Reggio Emilia, 41125 Modena, Italy

Deadline for manuscript submissions

25 December 2025



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/232196

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 (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

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)