

Special Issue

Specialized Diet, Obesity and Associated Metabolic Diseases

Message from the Guest Editor

Obesity is one of the most common healthcare problems in developed countries, affecting people of both genders and all age groups. Poor-quality diets and easy access to unhealthy food are important factors in the obesity epidemic. Importantly, overweight and obesity are major risk factors in the pathogenesis of many associated diseases, including metabolic syndrome, type II diabetes mellitus, hypertension, cardiovascular disease, non-alcoholic fatty liver disease, amongst others. Despite increased efforts to reduce the epidemic of obesity by promoting healthy diets, physical activity, and pharmacological treatment, the problem continues to grow. Undoubtedly, new approaches are essential to develop effective strategies for the prevention and treatment of obesity and comorbidities. Various specialized diets and dietary supplements are considered to treat obesity and related diseases. In this Special Issue, manuscripts that focus on the topic “Specialized Diet, Obesity, and Associated Metabolic Disorders” are welcome. This includes original in vitro, animal, and human research, cohort studies, systematic literature reviews, and meta-analyses.

Guest Editor

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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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