

Special Issue

Nutritional and Dietary Approaches in Type 1 Diabetes

Message from the Guest Editor

This Special Issue of *Nutrients* will feature contributions on the intriguing roles of the microbiome, macronutrients, polyunsaturated fatty acids, and vitamin D in nutrition for type 1 diabetes people. Nutrition possibly acts as an environmental factor at onset, modifies evolution and complicates diseases. Given that there is often a concomitant overweight, dyslipidemia, and limited physical activity in people with type 1 diabetes, accurate counseling and solutions through nutrition are expected. For all these problems, the most important “dogma” should be to limit the glycemic variability to set a favorable “metabolic memory” at the onset of type 1 diabetes and avoid lifelong dangerous hypo-hyperglycemia. Moreover, incretins are a promising therapeutic prospective for type 1 diabetes, and their relationship with microbiota and nutrition is a new chapter yet to be written. We must address the issue of costs in proposing dietary changes, as well as resources and environmental sustainability. In conclusion, “Understand the nutrition and the diet in diabetes and will find benefits for many other too”.

Guest Editor

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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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