

Special Issue

Nutrition and Behavioral Interventions for Diabetes

Message from the Guest Editor

Diabetes mellitus remains one of the most urgent global health challenges, and there is growing recognition that nutritional strategies and behavior change must be integrated to obtain lasting glycemic benefits. This Special Issue of *Nutrients*, “Nutrition and Behavioral Interventions for Diabetes,” invites original research, randomized and pragmatic trials, implementation studies, and rigorous reviews that clarify how specific dietary patterns, nutrient compositions, meal-planning approaches, and food environments interact with behavioral techniques to improve outcomes in type 1, type 2, and gestational diabetes. We are also particularly interested in interventions that combine diet with structured physical activity or exercise prescription (including home-based and digitally supported programs). We encourage submissions reporting patient-centered outcomes, cost, and feasibility data, and studies in real-world or underserved settings. By assembling multidisciplinary evidence, this Special Issue aims to advance practical, scalable models of care that help people with diabetes translate nutritional and lifestyle guidance into sustainable everyday behaviors.

Guest Editor

Dr. Anita Rogowicz-Frontczak

Department of Internal Medicine and Diabetology, Poznan University of Medical Sciences, Poznan, Poland

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

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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.

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

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