

Special Issue

Diet Quality and Risk of Cardiometabolic and Diabetes

Message from the Guest Editor

Cardiometabolic risk factors and type 2 diabetes are the largest contributors to the global disease burden and for disease-related mortality. Visceral obesity drives the progression of multiple cardiometabolic risk factors and type 2 diabetes, and behavioural lifestyle weight loss interventions are important strategies for the prevention of these metabolic alterations. The aim of the present Special Issue is to summarize recent evidence on “Diet Quality and Risk of Cardiometabolic and Diabetes”.

More specifically, the impact of diet quality in terms of micro or macronutrient composition, beyond the effect on diet restriction, on the prevention of cardiometabolic and diabetes risk, as well as diabetes management, will be discussed. Personalized quality dietary interventions for cardiometabolic health and diabetes prevention, as well as possible underlying mechanisms, will also be addressed in this Special Issue. This Special Issue welcomes submissions of original research and reviews of the scientific literature, including systematic reviews and meta-analyses.

Guest Editor

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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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