

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

Dr. Giuseppe Della Pepa

1. Institute of Clinical Physiology, National Research Council-CNR, Cardiometabolic Risk Unit, 56124 Pisa, Italy
2. Department of Clinical Medicine and Surgery, University of Naples Federico II, 80131 Naples, Italy

Deadline for manuscript submissions

closed (27 June 2023)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/120309

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)