

## Special Issue

# The Role of Diet and Nutrition in Preventing Abdominal Obesity

### Message from the Guest Editors

According to WHO data, 41 million children under 5 years and over 340 million children and adolescents aged 5–19 are overweight or obese worldwide. Obesity burden is mainly due to westernized diet creating an “obesogenic environment” that promotes unhealthy habits. Adiposity excess induces a chronic, low-grade inflammation that leads to a spectrum of metabolic alterations known as the metabolic syndrome (MetS). MetS is not just a simple cluster of comorbidities but represents an important cardiovascular risk factor itself. Given the limited efficacy of treatment, encouraging healthy eating and lifestyle is a crucial key in preventing obesity. Since obesity is an emerging and serious public health concern, the aim of this Special Issue is to explore the role of nutrient intake, dietary pattern, and functional nutrients in preventing abdominal obesity, known to be an important cardiovascular risk.

### Guest Editors

Dr. Elvira Verduci

Department of Health Sciences, University of Milan, 20146 Milan, Italy

Prof. Dr. Gianvincenzo Zuccotti

1. Department of Biomedical and Clinical Science, University of Milan, 20157 Milan, Italy 2. Department of Pediatrics, Buzzi Children's Hospital, 20157 Milano, Italy

### Deadline for manuscript submissions

closed (30 September 2021)



## Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/44902](https://mdpi.com/si/44902)

*Nutrients*

Editorial Office

MDPI, Grosspeteranlage 5

4052 Basel, Switzerland

Tel: +41 61 683 77 34

[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

[mdpi.com/journal/](https://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 (IUIBS), 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)