

Special Issue

Specialized Diet, Obesity and Associated Metabolic Disorders

Message from the Guest Editor

Obesity is one of the most common healthcare problems in developed countries, affecting people of both genders and all age groups. Overweight and obesity are major risk factors in the pathogenesis of many associated diseases, including metabolic syndrome, type II diabetes mellitus, hypertension, cardiovascular disease, non-alcoholic fatty liver disease, and more. Despite increased efforts to reduce the epidemic of obesity by promoting healthy diets, physical activity, and pharmacological treatment, the problem continues to grow. Undoubtedly, new approaches are essential to develop effective strategies for the prevention and treatment of obesity and comorbidities. Various specialized diet types and dietary supplements are considered to treat obesity and related diseases. In this Special Issue, manuscripts that focus on the topic “Specialized Diet, Obesity, and Associated Metabolic Disorders” are welcome. This includes original in vitro, animal, and human research, cohort studies, systematic literature reviews, and meta-analyses.

Guest Editor

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Deadline for manuscript submissions

closed (31 May 2022)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/86022

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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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