

Special Issue

Dietary Assessment in Diabetes

Message from the Guest Editors

Diabetes mellitus is a well-known, major global health issue, affecting up to 500 million people, or approximately 9%, of the adult population worldwide. Nutrition holds a central position in diabetes management strategies, constituting perhaps the most relevant part of diabetes prevention programs and being a continuously integrated part of diabetes therapy. Dietary assessments and the information provided can act as the main adjuncts to newer emerging technologies, such as continuous glucose monitoring and insulin pumps, but can also aid towards achieving a better management of diabetes complications, such as nephropathy and cardiovascular disease. Dietary assessments also play a major role in micronutrient intake, which is crucial to diabetes mellitus type 2, as certain micronutrient deficiencies (even by malabsorption from medication) can result in complications. Therefore, nowadays, nutrition is the key to the better management of diabetes because nutrition is involved in the pathophysiology of diabetes by affecting insulin sensitivity and secretion.

Guest Editors

Prof. Dr. Triantafyllos Didangelos

Diabetes Center, 1st Propaedeutic Department of Internal Medicine, Aristotle University of Thessaloniki, AHEPA Hospital, 54636 Thessaloniki, Greece

Dr. Konstantinos Kantartzis

1. Department of Internal Medicine IV, Division of Endocrinology, Diabetology and Nephrology, University of Tübingen, Tübingen, Germany

2. Institute for Diabetes Research and Metabolic Diseases (IDM) of the Helmholtz Centre Munich, University of Tübingen, Tübingen, Germany

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

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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.

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

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