

## Special Issue

# Gender-Specific Nutrition: Insights into Cardiometabolic Health and Disease Prevention

### Message from the Guest Editors

This Special Issue, entitled “Gender-Specific Nutrition: Insights into Cardiometabolic Health and Disease Prevention”, will examine the influence of gender differences on nutrition and the prevention of cardiometabolic diseases. It will deepen our shared understanding of the interplay between nutritional factors and biological sex, addressing implications for weight management, metabolism, insulin resistance, and dietary impacts, including the Mediterranean and ketogenic diets. This Special Issue invites clinical studies, reviews, and experimental research that showcase personalized nutritional strategies and their potential for enhancing health and preventing disease, with a focus on gender-specific physiological characteristics.

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### Guest Editors

Dr. Alessandra Feraco  
Prof. Dr. Mauro Lombardo  
Dr. Andrea Armani

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### Deadline for manuscript submissions

closed (5 March 2026)



## Nutrients

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## 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

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