

## Special Issue

# Pathophysiology, Practical Management and Nutritional Treatment in Diabetes

### Message from the Guest Editor

This edition aims to highlight cutting-edge advancements and evidence-based approaches in diabetes and nutritional care. *Nutrients* directly impact diabetes by modulating glycemic control, insulin sensitivity, inflammation, and metabolic function. Precision nutrition strategies, including macronutrient balance, micronutrient adequacy, and dietary patterns, are essential for both the prevention and management of diabetes.

We seek the submission of high-quality original research, systematic reviews, and clinical perspectives that explore evidence-based dietary interventions, precision nutrition approaches, and the integration of technology in nutritional therapy for diabetes, prediabetes, and metabolic syndrome. Contributions on evidence-based nutritional strategies, comparing low-carbohydrate, Mediterranean, and intermittent fasting diets, as well as studies on pharmacological therapies and their nutritional impact, are welcome to be submitted. Additionally, we invite the submission of research on personalized diabetes nutritional treatment, focusing on genetics, gut microbiota, and lifestyle-driven therapy optimization.

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### Guest Editor

Dr. Cristina Tejera Pérez  
Complejo Hospitalario Universitario de Ferrol, Ferrol, Spain

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### Deadline for manuscript submissions

closed (25 April 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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