

Special Issue

Fat Diets and Metabolic Diseases

Message from the Guest Editor

The consumption of high-fat diets and the resulting obesity is one of the great health problems of this century. The chronic consumption of fats in the diet leads to an increase in obesity in the population, which is a main risk factor for the development of metabolic diseases such as Type 2 diabetes. The goal of this Special Issue, "Fat Diets and Metabolic Diseases", is to focus on the importance of the impact of fat diets and diet supplementation in the development of metabolic adaptations and diseases specially in diabetes, insulin resistance and liver disorders. *Fat Diets and Metabolic Diseases* Special Issue welcomes the submission of manuscripts either describing original research or reviewing the scientific literature, including systematic reviews and meta-analyses. The manuscripts should focus on the study of the metabolic adaptations derived from the consumption of high-fat diets or dietary supplements and that lead to the development of metabolic disorders such as insulin resistance, fatty liver, other liver diseases and/or diabetes.

Guest Editor

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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.

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