

Special Issue

Gene-Lifestyle Interactions on Cardiometabolic Diseases

Message from the Guest Editor

The completion of human genome sequencing and the introduction of high-throughout 'omic' technologies have allowed a better understanding of nutrient–gene interactions, which vary between genotypes, with the ultimate goal of developing personalised nutrition strategies for optimal health and disease prevention. Nutrition and physical activity may impact health outcomes by directly affecting gene expression in critical metabolic pathways. Improved health outcomes can be achieved if nutritional requirements are individually tailored taking into consideration the genetic make-up, life stage, dietary preferences, physical activity levels, and health status of an individual. This Special Issue, “Gene-Lifestyle Interactions on Cardiometabolic Diseases”, welcomes manuscripts detailing human and animal studies focused on the roles of lifestyle (diet and physical activity) and genetic factors in complex diseases, such as cardiovascular disease, diabetes, and obesity, as well as in vitro studies aimed at elucidating the potential molecular mechanisms of lifestyle–gene interactions.

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Deadline for manuscript submissions

closed (17 November 2022)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/121490

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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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