

Special Issue

Glucose Metabolism and Weight Management

Message from the Guest Editor

Large differences in weight loss and weight loss maintenance in participants of dietary weight management programmes are found. Among the biological factors that may explain some of this variation are differences in glucose metabolism among participants. Individuals with type 2 diabetes or prediabetes appear to respond differently to the carbohydrate and fiber content of energy-restricted or ad libitum diets. A better understanding of the biological mechanisms involved, for instance the role of insulin resistance in different organs and the role of the gut microbiota, will help to develop better personalized approaches for weight management based on glucose metabolism. This Special Issue entitled “Glucose Metabolism and Weight Management” welcomes the submission of original research manuscripts, reviews, clinical trials, intervention studies, or meta-analyses concerning the relationships between glucose metabolism and weight management.

Guest Editor

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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.

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