# **Special Issue**

# Strategies and Mechanisms of Caloric Restriction for Healthy Weight Loss

# Message from the Guest Editor

A growing number of people worldwide are overweight or obese, presenting a major challenge for many countries due to the resulting rise in healthcare costs. Although various restrictive diets have been employed to combat obesity, they are often unsustainable. Pharmacological treatments targeting the glucagon receptor (GCGR), glucagon-like peptide-1 receptor (GLP-1R), and glucose-dependent insulinotropic polypeptide receptor (GIPR) are effective in reducing food intake and promoting weight loss. However, these approaches often lead to a reduction in lean body mass. which is especially concerning for older adults, who already have lower levels of lean mass. Our current understanding of how to mitigate the negative effects of caloric restriction on lean body mass remains limited. To advance this field, further research is needed into sustainable strategies for weight loss and rebound prevention. Both animal and human studies examining the effects of caloric restriction at the cellular, organ, and whole-body levels could provide critical insights into preserving lean body mass during weight loss.

## **Guest Editor**

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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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