

Special Issue

Impact of Diet Composition on Insulin Resistance

Message from the Guest Editors

Insulin resistance is a key player in the pathology of cardiometabolic diseases. These diseases are commonly associated with a peripheral insulin resistance, but an important role of insulin is played at brain circuitries that control food behaviour and autonomic activity. Brain insulin resistance is also associated with cognition impairment and Alzheimer Disease, neurodegenerative diseases. Disruptions in diet composition contribute to the genesis of insulin resistance. In contrast different feed regimens and some nutrients have beneficial impacts on insulin resistance and disease development. This special issue is developed to compile studies that highlight the beneficial or deleterious impact of different nutritional plans on insulin sensitivity and metabolism and that unravel mechanistic links between diet composition and nutritional status and the development of insulin resistance, both periphery and centrally. This special issue will open new doors to tackle insulin-resistance associated diseases by modulating appropriately and in a personalized way the nutritional strategies.

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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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