

Special Issue

Nutritional Regulation of Insulin Resistance and Lipid Metabolism

Message from the Guest Editors

Insulin resistance is one of the risk factors associated with obesity that is relevant to the development of metabolic syndrome (MetS). In fact, MetS is the group of determining risk factors leading to heart disease and stroke, being the leading cause of death in the world. It is known that lipid metabolism plays an important role in the development of insulin resistance. Thus, the type of diet, and therefore the components of the food (nutrients and non-nutrients), has a determining role in the regulation of metabolism, as well as in the development of insulin resistance. Numerous studies show that food components have biological effects at different levels, ranging from microbiota changes and regulating insulin resistance through the intestinal-brain axis to gene expression regulation. In this Topic, we invite researchers to submit novelty papers on the effects of nutritional compounds related to lipid metabolism and insulin resistance. We welcome original research articles, animal and clinical studies, as well as review articles.

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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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