

Special Issue

The Interplay Between Nutrition, Fasting, and Metabolic Health

Message from the Guest Editor

This Special Issue focuses on the synergistic effects of different fasting patterns and nutritional factors, thoroughly exploring their mechanisms and impacts on metabolic regulation. We will systematically investigate various fasting strategies—including intermittent fasting, periodic fasting, and prolonged fasting—with particular emphasis on how these dietary patterns influence body health through nutritional pathways such as nutrient metabolism, energy balance, and gut microbiota. Key nutritional topics of interest include the following:

- Metabolic adaptation mechanisms of macronutrients under different fasting regimens;
- Interactive effects of dietary patterns and fasting cycles on metabolic flexibility;
- Synergistic role of specific nutrients (e.g., polyphenols and dietary fiber) in metabolic regulation during fasting periods;
- Combined effects of fasting and nutritional interventions on metabolic syndrome-related parameters (body composition, glucose homeostasis, and lipid profile).

By integrating the intersecting fields of nutritional science and fasting research, this issue aims to provide theoretical foundations and practical guidance for precision nutrition interventions.

Guest Editor

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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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