

Special Issue

Diet and Lifestyle Interventions for Diabetes and Metabolic Syndrome

Message from the Guest Editor

Type 1 and type 2 diabetes (T1D and T2D) management has traditionally centered on pharmacological treatment; however, growing evidence underscores the foundational need for effective diet and exercise interventions to improve glycemic control and overall metabolic health. Innovations such as time-restricted eating, plant-based diets, and microbiome-targeted nutrition are reshaping dietary paradigms, while advancements in wearable technology and continuous glucose monitoring are enhancing the personalization of both diet and exercise. Exercise science is also evolving, with increased focus on the timing, type, and intensity of activity, as well as on pre- or postprandial exercise to optimize glucose metabolism. Furthermore, behavioral approaches that integrate digital health tools, gamification, and mindful practices are gaining traction in improving adherence and long-term outcomes. This Special Issue highlights several of these cutting-edge themes, aiming to inspire future inquiry and innovation in the prevention and management of diabetes through diet and exercise.

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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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