

Special Issue

The Role of Nutrition and Body Composition on Metabolism

Message from the Guest Editor

Metabolism refers to all the chemical processes that are ongoing in the body that keep life and normal function going. These processes include the process of breaking down the nutrients in food as well as the process of building and repairing the body. Body composition has a big impact on the metabolic rate. Nutrition is the process of obtaining nutrients from the environment, while metabolism is the coordinated process of converting nutrients into substrates. The balanced interaction between nutrition and metabolism can be significantly altered by varying degrees of undernutrition or overnutrition. This Special Issue explores the interactions between nutrition, body composition, and metabolism and explains the basis for current dietary goals, exercise advice, and recommendations, with an increasing emphasis on metabolic integration and control. Areas of interest of this Special Issue include nutritional and mechanistic research in obesity, diabetes, adiposity, metabolic syndrome, and exercise physiology. This Special Issue invites submissions on topics including epidemiology, clinical trials, and observations.

Guest Editor

Dr. Defu Ma

School of Public Health, Peking University Health Science Center, Beijing 100191, China

Deadline for manuscript submissions

closed (7 September 2023)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/119947

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)