

## 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.

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### Deadline for manuscript submissions

closed (7 September 2023)



## Nutrients

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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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