

Special Issue

Nutrition and Diet for Metabolic Health

Message from the Guest Editor

The common feature or underlying pathogenesis of these metabolic disorders is characterised by chronic low-grade inflammation driven primarily from an obese phenotype. Obesity-induced inflammation impacts many metabolic systems and involves many organs including the pancreas, liver, skeletal muscle, heart, brain and adipose tissue. Nutrients and dietary patterns have been shown to influence inflammatory processes and responses. The Mediterranean diet is the most widely researched and evidence based diet, and has been widely cited for its anti-inflammatory properties in the primary and secondary prevention of many metabolic diseases with inflammatory origins. Other dietary patterns also emerge as conferring benefit such as the DASH, Nordic and Vegetarian diets. This special issue focuses on the culmination of recent evidence on established and emerging dietary patterns and lifestyle behaviours for the prevention and integrated management of inflammatory derived metabolic diseases.

Guest Editor

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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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