

# Special Issue

## Nutrition and Insulin Resistance

### Message from the Guest Editor

With obesity and diabetes reaching epidemic proportions in the developed world, the role of insulin resistance and its consequences is gaining importance. The literature has demonstrated that certain diets, foods, nutrients, or bioactive compounds can modulate insulin resistance. Further, research is needed for the development of novel dietary interventions or functional foods to support insulin-resistant individuals and to prevent diabetes and its risk factors. The objective of this Special Issue is to examine the impact and mechanisms of diet, specific foods, nutrients, or bioactive compounds on insulin resistance as well as other diabetes risk factors in various populations (healthy, at risk, or diseased) and animal/cell studies. This Special Issue welcomes contributions that span the breadth of this relationship, including original research articles, systematic reviews, and meta-analyses. Potential topics include but are not limited to diet interventions, nutrients, functional foods, bioactive compounds, insulin resistance, inflammation, glycemia, and diabetes risk factors.

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### Deadline for manuscript submissions

closed (15 September 2021)



## Nutrients

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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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### Editors-in-Chief

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