

## Special Issue

# GLP-1 Receptor Agonists and Nutrition

### Message from the Guest Editor

Glucagon-like peptide-1 (GLP-1) receptor agonists are analogs of GLP-1, one of the incretin hormones secreted by the gastrointestinal tract. They were initially developed as a treatment for type 2 diabetes.

Subsequently, the weight loss effects of these agents gained attention, and they have been approved for use in weight reduction when health complications associated with obesity are present.

However, it has been pointed out that because weight loss can be achieved through the use of GLP-1 receptor agonists alone, the fundamental components of weight management—dietary and exercise therapy—are often neglected. Additionally, appropriate nutritional therapy, including consuming sufficient energy without skipping meals or excessively restricting carbohydrates, is considered beneficial in preventing hypoglycemia in patients using incretin-based medications.

In this Special Issue, we aim to invite papers from various perspectives on the topic of “GLP-1 Receptor Agonists and Nutrition.”

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### Guest Editor

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### Deadline for manuscript submissions

25 March 2026



## Nutrients

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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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