

Special Issue

Impact of Dietary Fiber on Insulin Resistance and the Prevention of Diabetes

Message from the Guest Editor

The goal of this Special Issue, “Impact of Dietary Fiber on Insulin Resistance and the Prevention of Diabetes”, is to review and discuss the role of dietary fiber, and fiber-containing foods, on diabetes control and prevention. Insulin resistance is a key causative defect in the pathophysiology of diabetes, particularly type 2. Diet is a cornerstone of diabetes treatment; it can combat diabetes’ effects, insulin resistance and the risk of developing diabetes in predisposed individuals. Dietary fiber (DF), usually classified as either soluble or insoluble, is an important vegetal component in the diet. The effects of DF could be relevant to satiety, weight control, gastric emptying, intestinal transit time, nutrient absorption, insulin-resistance, gastrointestinal hormone secretion and provision of active nutritional elements. The focus on the mechanism(s) and the effects of DF in diabetes is rapidly growing due to its prevalence in many popular foods (cereals, vegetables, fruit). There is specific interest regarding the effect(s) of the insoluble fiber of scarcely processed foods, such as whole grains.

Guest Editor

Prof. Dr. Paolo Tessari

Department of Medicine-DIMED, University of Padova, Via Giustiniani 2, 35121 Padova, Italy

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

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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.

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 (UIBS), 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

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