

Special Issue

Precision Nutrition and Metabolic Disease

Message from the Guest Editor

The rising prevalence of obesity and metabolic disease in the form of prediabetes, type 2 diabetes, non-alcoholic fatty liver disease (NAFLD) and lipid disorders is a major global health issue. Despite the efforts of lifestyle interventions, i.e. diet, physical activity, smoking, etc., to prevent and manage such diseases, this problem continues to grow at an alarming rate. Tailored nutrition prescription that complements a person's unique genetic profile is a new way to provide specific nutritional advice that can support health maintenance and disease prevention. This special feature issue explores precision nutrition and attempts to provide specific nutritional and dietary strategies to prevent or manage obesity and metabolic diseases, as well as complications associated with such diseases. Studies investigating the challenges associated with the concept and its implementation will also be included.

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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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