

## Special Issue

# Dietary Interventions and Usefulness of Biomarkers in Metabolic Diseases

### Message from the Guest Editor

It is currently common knowledge that unhealthy nutrition is a central predisposing factor leading to the development of metabolic diseases, we are still far away from an efficient solution to their problem. Given the discrepancy between the high number of cases and insufficient healthcare resources, an energetic yet simple approach would seem to be the key. First, we need suitable yet cheap methods for an early diagnosis. Therefore, identifying molecules that may predict the evolution of or towards metabolic diseases is a reasonable and worthwhile perspective. Second, we need low-cost interventions, which can offer a high preventive value. For these, humankind has also returned to simplicity, when the real health potential of balanced eating patterns has been rediscovered. Therefore, this Special Issue focuses precisely on these two essential poles of nutritional intervention and early diagnosis by biomarkers suitable for metabolic diseases, starting with the molecular, preclinical approach and extending to clinical viewpoints that centre on this connection.

### Guest Editor

Dr. Cristina-Mihaela Lăcătușu

Unit of Diabetes, Nutrition and Metabolic Diseases, Faculty of Medicine, "Grigore T. Popa" University of Medicine and Pharmacy, 700115 Iași, Romania

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

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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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