

Special Issue

Effect of Dietary Patterns and Environmental Factors on Diabetes

Message from the Guest Editors

The global prevalence of diabetes is rising at an alarming rate, making it one of the most pressing public health challenges. Growing evidence suggests that dietary patterns profoundly impact the development, progression, and management of diabetes.

Environmental factors, such as exposure to pollutants, endocrine disruptors, and food contaminants, may further influence metabolic health and facilitate diabetes onset. This Special Issue aims to compile high-quality research that explores the intricate links between dietary patterns, environmental exposures, and diabetes. We welcome original research and comprehensive reviews that examine:

- Influence of specific dietary interventions;
- Macronutrient composition (with or without exercise training);
- Bioactive food components;
- Meal timing;
- Fasting, intermittent fasting studies;
- Dietary interventions on glucose metabolism, insulin resistance, and diabetes-related complications such as cardiovascular disease and sarcopenia.

Epidemiological and mechanistic investigations that provide novel insights into how diet and environmental factors influence metabolic health are also welcome.

Guest Editors

Dr. Thiago Gomes Heck
Prof. Dr. Aline Marcadenti
Dr. Giuseppe Stefani

Deadline for manuscript submissions

closed (25 October 2025)



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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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