

Special Issue

Fat Diets, Obesity and Type 2 Diabetes

Message from the Guest Editor

The consumption of high-fat diets and the resulting obesity is one of the current serious pandemic health problems, and the prevalence is increasing worldwide. The chronic consumption of fats in the diet leads to an increase in obesity, which is a main risk factor for the development of type 2 diabetes. The goal of this Special Issue, “Fat Diets, Obesity and Type 2 Diabetes”, is to focus on the importance of the impact of obesity-related high-fat diets and diet supplementation in the development of metabolic diseases, especially type 2 diabetes. This Special Issue, titled “Fat Diets, Obesity and Type 2 Diabetes” welcomes the submission of manuscripts either describing original research or reviewing the current scientific literature, including systematic reviews and meta-analyses. The manuscripts should focus on the study of the metabolic adaptations derived from the consumption of high-fat diets or dietary supplements and that lead to the development of obesity and in consequence enhance the risk of type 2 diabetes.

Guest Editor

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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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