

Special Issue

Plant-Forward Dietary Approaches Among Populations at High Risk of Metabolic Disease

Message from the Guest Editor

Cardiometabolic risk (CMR)—including obesity, dyslipidemia, hypertension, and impaired glucose regulation—disproportionately affects populations facing structural and socioeconomic disadvantages. Evidence shows that plant-forward dietary patterns—rich in vegetables, fruits, legumes, whole grains, nuts, and seeds while limiting refined carbohydrates and animal products—improve cardiometabolic health across diverse populations. This Special Issue highlights emerging evidence on plant-forward approaches and their effects on metabolic health, with attention to health disparities and cultural context. Contributions may include observational studies, clinical trials, reviews, and translational research examining dietary patterns, biomarkers, and outcomes such as inflammation, adiposity, lipid profiles, glucose regulation, and blood pressure. Emphasis is placed on culturally grounded dietary strategies—including vegetarian patterns, traditional foodways, and culturally adapted interventions—that support metabolic health while addressing barriers to dietary adoption.

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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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