

Special Issue

Nutritional Support of GLP-1 Therapy: From Diabetes and Obesity Management to Cardiovascular Prevention

Message from the Guest Editors

Glucagon-like peptide-1 receptor agonists have rapidly evolved from glucose-lowering agents into pleiotropic drugs. Current evidence shows that GLP-1 RAs can significantly reduce body weight, lower blood pressure, improve lipid profiles, reduce insulin resistance and provide direct cardioprotective and vasculoprotective effects. The weight loss achieved through the pharmacological action of GLP-1 RAs is comparable to the outcomes previously only attainable through bariatric surgery. However, these unprecedented weight-loss responses raise new concerns, including potential decreases in skeletal muscle quantity, quality and function, gastrointestinal adverse effects, risk of inadequate nutrient intake, and relatively high discontinuation rates of treatment. Therefore, structured nutritional monitoring and personalised dietary support are crucial components of effective GLP-1 RA therapy management.

We invite original research and state-of-the-art reviews that address the efficacy and safety of GLP-1-based regimens in the context of nutritional and musculoskeletal risks and propose evidence-based strategies for optimal dietary, nutritional supplementation, and lifestyle support.

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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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