

Special Issue

Unbalanced Diets: High-Fat, High-Sucrose and High-Protein Diets

Message from the Guest Editors

Maintaining a balanced diet is essential to reach and preserve a healthy metabolic status. In contrast, the consumption of an unbalanced diet is associated with the development of obesity and other metabolic alterations. Thus, the intake of high-fat, high-sucrose (or both) and high-protein diets are associated not only with metabolic status *per se* but also with many diseases, from various types of cancers to neurological diseases and cognitive dysfunctions, diseases associated with the locomotor system, etc. However, are unbalanced diets always a bad option? Ketodiets, diets low in carbohydrates and high in protein or fat, have been useful for weight loss and garnered excellent results for the control of diabetes. Knowing the mechanism/s through which these diets modulate metabolic and molecular pathways is crucial to understanding how unbalanced diets can affect human health. In this Special Issue of *Nutrients*, we will focus on how various unbalanced diets (on macronutrients content) alter a healthy status or could be used in specific situations to improve metabolic-altered conditions.

Guest Editors

Dr. Barbara Reynés

1. Laboratory of Molecular Biology, Nutrition and Biotechnology (Nutrigenomics, Biomarkers and Risk Evaluation Group), University of the Balearic Islands, 07122 Palma, Spain
2. Health Research Institute of the Balearic Islands (IdISBa), 07120 Palma, Spain
3. CIBER of Physiopathology of Obesity and Nutrition (CIBEROBN), Carlos III Health Institute (ISCIII), 28029 Madrid, Spain
4. Alimentómica S.L. Camí de na Pontons. s/n (Pol.11, Parc 3), 07310 Campanet, Spain

Dr. Mariona Palou

1. Laboratory of Molecular Biology, Nutrition and Biotechnology, University of the Balearic Islands (UIB), Palma, Illes Balears, Spain
2. Health Research Institute of the Balearic Islands (IdISBa), Palma, Illes Balears, Spain
3. CIBER de Fisiopatología de la Obesidad y Nutrición (CIBEROBN), ES-07122 Palma, Spain
4. Alimentómica SL., Palma, Illes Balears, Spain

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
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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.

Editors-in-Chief

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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