

Special Issue

Nutrition, Genes, and Biological Pathways Influencing Metabolism and Obesity

Message from the Guest Editor

Diet and lifestyle significantly impact obesity and comorbidities like metabolic syndrome, insulin resistance, diabetes, and cardiovascular disease. The interplay between genetic susceptibility to obesity and nutrient intake is actively investigated as a potential contributor to obesity risk. Adipose tissue, a dynamic endocrine tissue, responds to environmental cues and genetic variations affecting nutrition. Regulation of gene expression in metabolic and obesity pathways in response to nutrition, genetics or nutrient-gene interactions impacts human health. This Special Issue will publish articles on nutrition and nutrigenomics in obesity and related comorbidities, providing the latest insights to enhance our understanding of nutrition's role in human health.

Guest Editor

Prof. Dr. Saraswathy Nair

Department of Health and Biomedical Sciences, The University of Texas Rio Grande Valley, Brownsville, TX 78520, USA

Deadline for manuscript submissions

15 December 2025



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/246210

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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.

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

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)