

Special Issue

The Impact of Vegan Diet in the Prevention and Treatment of Type 2 Diabetes

Message from the Guest Editor

In recent years, there has been a strong global shift toward vegetarianism and veganism, particularly among adolescents and young adults. As plant foods are nutritious and provide especially dietary fiber, evidence suggests that there are benefits from well-planned vegetarian or vegan diets in the prevention and treatment of type 2 diabetes. In this context, however, the supply of critical nutrients in plant-based diets, e.g., long-chain n-3 fatty acids, vitamin B2, vitamin B12, vitamin D, calcium, iodine, selenium, iron, and zinc, must be considered to improve the general health state. The purpose of this Special Issue on “The Impact of a Vegan Diet in the Prevention and Treatment of Type 2 Diabetes” is to explore and highlight the potential of well-planned plant-based strategies to reduce the risk and support therapy of type 2 diabetes. This Special Issue aims to highlight the latest research in this field, and we welcome all reviews, research papers, and experimental and empirical studies.

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Deadline for manuscript submissions

closed (5 August 2024)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/157342

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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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