

Special Issue

Diabetes and Endocrinology: Diet, Glucose Metabolism and Insulin Resistance

Message from the Guest Editor

In nutrition, diet is the sum of food consumed by a person. The word “diet” often implies the use of a specific intake of nutrition for health or weight-management reasons. Both diet quality and quantity are associated with the development of type 2 diabetes mellitus, across many genetic backgrounds. Nutritional management of blood glucose levels and insulin response is a strategic target in the prevention and management of type 2 diabetes mellitus. Insights into how dietary factors affect glucose metabolism and insulin resistance are essential to understanding the effect of food on glycemic regulation and the underlying metabolic derangements. There is an ongoing debate on what constitutes a “healthy diet” in cardiometabolic disease. There is growing recognition of the complex interplay between diet, gut microbiota, and the gut hormonal and inflammatory milieu in glucose metabolism. This research topic aims to present the latest evidence about the role of dietary elements/interventions in the prevention or management of prediabetes or type 2 diabetes.

Guest Editor

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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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