

## Special Issue

# Diet, Nutrition and Abdominal Obesity

### Message from the Guest Editors

Abdominal obesity has been associated with the development of insulin resistance, dyslipidemia, hypertension, diabetes type 2, cardiovascular disease, colorectal cancer, and cognitive impairment. A significant number of publications have analyzed general obesity, but fewer studies have quantified the prevalence of abdominal obesity among the population, or have studied its relationship with diet, nutrition, and other lifestyle factors. This Special Issue will focus on the studies on the role of dietary patterns, energy balance and nutrients situation, number of meals and snacks consumed per day and composition, and the role of chrononutrition in relation with abdominal obesity in different age groups. It is necessary to delve into the knowledge of those dietary risk and protective factors related to abdominal obesity and to analyze the efficacy and safety of food-based interventions, dietary supplements, or of interventions that combine multiple approaches so as to prevent or properly treat this health condition, both individually and collectively.

### Guest Editors

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### Deadline for manuscript submissions

closed (10 January 2020)



## Nutrients

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## 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.

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### Editors-in-Chief

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