

Special Issue

Nutrition-Related Behavior Changes and Cardiometabolic Health

Message from the Guest Editors

Time-restricted feeding, often referred to as intermittent fasting, is increasingly being recognized as a useful and beneficial tool for managing many aspects of health, including cardiometabolic disease. Beyond excess food intake, cardiovascular and metabolic disease is exacerbated by the consumption of specific macro- and micronutrients, such as those in the Western diet, including high fat, simple sugars, and high salt. However, new pre-clinical studies have shown that metabolic function can be improved in mice that develop obesity from eating a high fat diet by restricting food to specific hours of their active period and fasting during their normal rest period. Recent clinical studies have also shown considerable cardiometabolic benefits from restricting meal time independent of caloric intake. This Special Issue solicits manuscripts containing primary research or reviews from both pre-clinical and clinical studies for consideration that address several key aspects of nutrition-related behavior and its impact on cardiometabolic outcomes, including meal timing or the timing of specific components of the diet.

Guest Editors

Prof. Dr. David M. Pollock

Prof. Dr. Shannon M. Bailey

Prof. Dr. Karen L. Gamble

Deadline for manuscript submissions

closed (20 December 2022)



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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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