

Special Issue

Diet Composition, Eating Habits and Their Impact on Metabolic Diseases

Message from the Guest Editors

Incidence of metabolic diseases, such as type 2 diabetes, obesity, hypertension, dyslipidaemia, etc., is increasing worldwide, and they are already considered epidemics. These diseases are commonly associated with defects in insulin secretion and/or action, glucose homeostasis impairment, and lipid metabolism dysfunction. At the core of these defects is the diet composition and the nutritional status, as well as the eating patterns. This Special Issue “Diet composition, eating habits and their impact on metabolic diseases” will compile original and review studies that highlight the effect of different eating habits on insulin action and glucose and lipid metabolism. It will also unravel mechanistic links between different diet consumption and the impact on peripheral and central circuits linked with food behaviour and metabolic homeostasis. This Special Issue will provide scientific and healthcare communities with important information about the impacts of eating habits and food behaviour on whole-body metabolism. It will also open new doors to tackle metabolic diseases by modulating nutrients consumption and related mechanisms.

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Deadline for manuscript submissions

closed (28 September 2023)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.8
CiteScore 10.2
Indexed in PubMed



mdpi.com/si/125817

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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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