



Diet, Circadian Syndrome and Health Outcomes

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Message from the Guest Editor

Dear Colleagues,

Obesity and metabolic diseases are major health problems, particularly prevalent in industrialized societies where shift work, jet lag, and/or social obligations disrupt circadian rhythms. When the rhythm of eating behavior changes, such as through shift work or the continuous provision of highly palatable food, strong feedback is sent to the peripheral molecular clock. In addition, when there is a mismatch between the endogenous rhythms of physiology and environmental inputs, such as eating during inactive phases, the body's ability to maintain homeostasis is impaired, affecting human health.

The concept of circadian syndrome (CircS) was first proposed by Zimmet et al. in 2019 (PMID: 31081577). It adds short sleep and depression to the classical metabolic syndrome (MetS) conditions. CircS has been shown to be a better predictor for cardiovascular disease than metabolic syndrome in the USA and Chinese population. An increasing number of studies show that CircS predicts other health outcomes better than MetS.

In this Special Issue, we aim to present the latest results and comments on the relationship of diet, circadian syndrome and health outcomes.





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