



## Update on the Nutritional Management for Chronic and Communicable Diseases

Guest Editor:

**Dr. Omar Ramos-Lopez**

Medicine and Psychology School,  
Autonomous University of Baja  
California, Tijuana 22390, Mexico

Deadline for manuscript  
submissions:

**31 August 2024**

### Message from the Guest Editor

The rise of chronic diseases continues to be a health concern worldwide. Obesity, cardiovascular diseases, metabolic-associated fatty liver disease, hypertension, diabetes, and inflammatory disorders have a negative impact on the quality of life of the human population. In addition, these conditions may complicate the outcomes of communicable diseases such as viral infections. Lifestyle factors such as the adoption of unhealthy dietary patterns with high contents of sugar and saturated fat and deficiencies in essential micronutrients significantly contribute to the incidence and burden of these diseases. Thus, diverse nutritional strategies have been implemented for their precise management, including the prescription of diets with different macronutrient distributions, as well as the administration of vitamins, minerals, healthy fatty acids, and bioactive food compounds with potential antioxidant and anti-inflammatory properties. This Special Issue of Healthcare is dedicated to offering an overview of these therapies, emphasizing the mechanisms involved, where original research articles and reviews on humans and experimental models are welcome.





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## Editor-in-Chief

## Message from the Editor-in-Chief

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Healthcare Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

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