



Nutritional Interventions to Improve Life Quality and Health Outcomes for Populations with Chronic Conditions

Guest Editors:

Prof. Dr. Marcellino Monda

Dr. Fiorenzo Moscatelli

Dr. Antonietta Messina

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Message from the Guest Editors

Acknowledging the multifaceted nature of chronic illnesses, this Special Issue delves into evidence-based nutritional strategies that address the unique challenges posed by chronic conditions such as diabetes, cardiovascular diseases, and arthritis. Emphasizing the importance of a tailored approach, it aims to provide a comprehensive overview of dietary interventions, encompassing balanced nutrition, specific dietary modifications, and the integration of supplements when needed. By examining the impact of nutrition on inflammation, metabolic health, and overall well-being, we aim to guide healthcare professionals, policymakers, and individuals toward informed decisions that optimize health outcomes for diverse populations living with chronic conditions. This Special Issue aims to synthesize current research and best practices to contribute to the ongoing dialogue surrounding holistic healthcare approaches that prioritize nutrition as a cornerstone in the management of chronic conditions. All manuscripts (original articles, reviews, meta-analyses, and case reports) that provide a relevant scientific contribution will be considered.





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Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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