



*nutrients*



an Open Access Journal by MDPI

## Nutritional Status and Lifestyle in Metabolic Disorders

Guest Editors:

**Dr. Patricia Ruiz-Limón**

**Dr. Hatim Boughanem**

**Dr. Ana Ojeda-Rodríguez**

Deadline for manuscript  
submissions:

**25 March 2025**

### Message from the Guest Editors

Dear Colleagues,

We are pleased to invite you to contribute to this Special Issue dedicated to the critical and multifaceted topic of “Nutritional Status and Lifestyle in Metabolic Disorders”. Metabolic disorders, including conditions such as diabetes, obesity, cardiovascular disease and cancer, continue to be global health challenges. This Special Issue delves into the intricate interplay between nutritional status, lifestyle factors, and the development, prevention, and management of these disorders.

This Special Issue aims to provide a comprehensive overview of the current state of knowledge, emerging trends, and practical applications in the context of metabolic disorders. It also highlights the importance of patient education and public health initiatives to promote healthier lifestyles. Contributors to this Special Issue encompass a diverse array of experts and researchers in nutrition, medicine, public health, and related fields. Their collective work sheds light on the latest evidence-based strategies for improving nutritional status and lifestyle to mitigate the impact of metabolic disorders.

We look forward to receiving your contributions.



[mdpi.com/si/200203](https://mdpi.com/si/200203)

**Special** *Issue*



an Open Access Journal by MDPI

## 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

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

**Journal Rank:** JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Food Science)

## Contact Us

---

*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
www.mdpi.com

mdpi.com/journal/nutrients  
nutrients@mdpi.com  
X@Nutrients\_MDPI