



nutrients



an Open Access Journal by MDPI

Exercise and Nutrition for Human Health

Guest Editor:

Dr. Andy Franklyn-Miller

Centre for Health, Exercise and
Sports Medicine, University of
Melbourne, Melbourne, VIC 3053,
Australia

Deadline for manuscript
submissions:

closed (5 January 2024)

Message from the Guest Editor

As our understanding of metabolism and evolution evolves, there is a dichotomy as to whether calorific deficit, or the restriction of dietary components, are the way ahead in healthy lifestyle and longevity. Low-carbohydrate and ketogenic diets have shown great impact on weight management, but evolutionary work suggests that calorific restriction remains effective.

This Special Issue will focus on the research on calorific restriction versus dietary interventions for health and explore newer ingredient discoveries using AI platforms to positively affect the lives of consumers. We will explore the role of exercise as a supplement to nutrition and where the evidence lies in terms of supplements and fiber along with the effect of the gut microbiome on health. We will look at the role of muscle in maintaining homeostasis and that of the neuroendocrine system role in maintaining anti-inflammation.



mdpi.com/si/177343

Special Issue



nutrients



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 & Dietetics*) / CiteScore - Q1 (*Nutrition and Dietetics*)

Contact Us

Nutrients Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

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

mdpi.com/journal/nutrients
nutrients@mdpi.com
[X@Nutrients_MDPI](https://x.com/Nutrients_MDPI)