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Impact of Diet Composition on Insulin Resistance—Second Edition

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Message from the Guest Editors

Insulin resistance plays a key role in the pathology of cardiometabolic diseases, which include obesity, hypertension, dyslipidaemia, type 2 diabetes and MAFLD. These diseases are commonly associated with peripheral insulin resistance, which is a problem, as insulin plays a role in the brain circuitries that control food-related behaviour and autonomic activity. Brain insulin resistance is also associated with cognitive impairment, Alzheimer disease and other neurodegenerative diseases.

Disruptions in diet composition and patterns, as well as nutritional status, contribute to the genesis of insulin resistance. In contrast, hypocaloric diets, certain feeding regimens and some nutrients have beneficial impacts on insulin resistance and disease development.

This second volume of the Special Issue “Impact of Diet Composition on Insulin Resistance” aims to compile studies that highlight the beneficial or deleterious impacts of different nutritional plans on insulin sensitivity and metabolism, and that unravel the mechanistic links between both diet composition and nutritional status and the development of insulin resistance, both periphery and centrally.



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