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Update on Diet, Nutrition and Type 2 Diabetes: Separating the Science from the Hype

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Message from the Guest Editor

Dear Colleagues,

We all talk about it, but few patients follow our advice. In this Special Issue, we will explore both organic and behavioral science relating to diet and nutrition in patients with type 2 diabetes. We will address cultural differences in food intake and attitudes towards food that should factor in when we make nutritional suggestions to our patients. We will review what is known about the timing of what and when we eat and the effect on insulin resistance and weight loss. We will look ahead to upcoming topics such as personalizing advice based on genetics.

All scholars are welcome to submit their relevant research results to this Special Issue, including but not limited to articles and reviews.

Dr. Martin M. Grajower
Guest Editor



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Special Issue



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