



nutrients



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Chrononutrition and Chronic Diseases

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Message from the Guest Editors

Chrononutrition is an emerging field of nutritional sciences aiming at developing understanding of how nutrients or meal timing per se could affect the circadian clock system. Growing evidence suggested that mealtime, energy distribution throughout the day, nocturnal eating and food ingestion frequency may have a role in influencing nutrient metabolism. Furthermore several studies suggest that feeding at inappropriate times may disrupt circadian system organisation, and thereby contributes to adverse metabolic consequences and chronic disease development. Thus, the goal of this special issue is to focus on the importance of chrononutrition in the pathogenesis and as potential treatment of chronic diseases.

Original research at mechanistic, observational, and epidemiological levels on topics regarding circadian timing and energy metabolism, meal timing, meal composition, and chronic diseases are encouraged. Reviews of the literature are also welcome.



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Special *Issue*



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