



nutrients



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Clinical Nutrition on Diabetes Complications

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Message from the Guest Editor

Nutrition therapy plays a pivotal role in the prevention and management of type 2 diabetes and its micro- and macrovascular complications. Energy balance and nutrient quality have a profound impact on the physiological processes that regulate glucose homeostasis and are strong predictors of micro- and macrovascular complications. Beyond meal size and composition, it is now recognized that glucose metabolism and body weight control are also affected by the timing of nutrient consumption within the meal (e.g., the food sequence and nutrient preloads) and by the daily distribution of energy and macronutrient intake (e.g., early time-restricted feeding). In addition, the management of obesity in middle age and sarcopenia in the elderly is an important matter. It is especially important to consider how to treat elderly patients with reduced renal function (e.g., regarding the total amount of energy and protein preloads). The purpose of this Special Issue is, therefore, to collect contributions on how nutrients and dietary patterns influence glucose homeostasis and micro- and macrovascular complications in type 2 diabetes and prediabetes.



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