



Dietary Intake and Diabetes

Guest Editors:

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Message from the Guest Editors

Dear colleagues,

Diabetes mellitus is a major global health issue, affecting some 500 million people or about 9% of the adult population worldwide. The obesity epidemic is expected to lead to an enormous increase in diabetes cases in the next decades. Thus, it follows that strategies aimed at the prevention and successful treatment of diabetes are of outermost importance, both for patients and public health. Nutrition holds a central position in such strategies, constituting perhaps the most relevant part of diabetes prevention programs and a continuously integrated part of diabetes therapy. This is because nutrition is involved in the pathophysiology of diabetes by affecting insulin sensitivity and secretion. Some of the mechanisms by which nutrition exerts the latter effects are obvious. Quantitatively, a high calorie intake leads to obesity and the latter, in most cases, leads to insulin resistance. However, nutritional quality most probably plays a critical role in the development of diabetes, but its relevance is less established and the exact mechanisms are largely unknown.

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