



Diet Quality, Cardiometabolic Risk and Diabetes

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Message from the Guest Editor

Dear Colleagues,

Cardiometabolic risk factors and type 2 diabetes are the largest contributors to the global disease burden and disease-related mortality. Changes in diet composition acting on nutrient quality independently of changes in energy intake may be effective in cardiometabolic and diabetes risk prevention, offering a more feasible and safer alternative treatment to energy restriction.

The aim of the present Special Issue is to summarize recent evidence on "Diet Quality, Cardiometabolic Risk, and Diabetes". More specifically, the impact of diet quality in terms of micro- or macronutrient composition, beyond the effect of diet restriction, on the prevention of cardiometabolic and diabetes risk, as well as diabetes management, will be discussed. Personalized quality dietary interventions for cardiometabolic health and diabetes prevention, as well as possible underlying mechanisms, will also be addressed in this Special Issue. This Special Issue welcomes submissions of original research and reviews of the scientific literature, including systematic reviews and meta-analyses.





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