



## Diet, Nutrition, and Abdominal Obesity

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### **Message from the Guest Editor**

Dear Colleagues,

A person's body fat distribution regulates the risk of obesity. Fat collected deep in the central abdomen of the body, called visceral fat, will lead to abdominal obesity, which will bring a greater risk of chronic disease and death. Abdominal obesity is associated with metabolic syndrome, which can lead to heart disease, cancer, diabetes, hypertension, nonalcoholic fatty liver disease, and related death. Although there are many studies on nutrition and/or lifestyle intervention in the prevention and treatment of abdominal obesity, the most effective method is still to limit energy intake and increase energy output through exercise. There is still a need for further research to explore new therapeutic strategies to prevent or treat abdominal obesity. The purpose of this Special Issue is, therefore, to collect contributions regarding the effects that nutrients, phytochemicals, functional foods, dietary patterns, dietary timing, lifestyle, etc., have on the regulation of body weight, adiposity in the abdomen, and measures of metabolic health. This Special Issue invites the submission of original research articles, short communications, and systematic reviews.





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