



Advances in the Nutrition of Diabetes and Gestational Diabetes

Guest Editors:

Prof. Dr. Dimitrios G. Goulis

Unit of Reproductive
Endocrinology, 1st Department
of Obstetrics and Gynecology,
Medical School, Aristotle
University of Thessaloniki,
Thessaloniki, Greece

**Dr. Maria G.
Grammatikopoulou**

Unit of Immunonutrition &
Clinical Nutrition, Department of
Rheumatology & Clinical
Immunology, Larissa University
Hospital, Faculty of Medicine,
University of Thessaly, Larissa,
Greece

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Message from the Guest Editors

Nutrition constitutes one of the cornerstones for the therapy of diabetes mellitus (DM). All types of DM require proper nutritional education, management, and audit. Nutritional status and dietary intake are established as contributors to type 2 diabetes mellitus (T2DM) and gestational diabetes mellitus (GDM). In addition, adherence to specific dietary regimes has been suggested to reverse DM, indicating that the role of nutrition extends beyond secondary prevention. The research on the effect of medical nutrition therapy on DM is longstanding and continuous, aiming to identify nutritional factors that could improve patient outcomes.

This Special Issue of *Nutrients* is focusing on the association between nutrition and all types of DM. It is designed to discuss contemporary issues that are of keen interest to both nutritionists and diabetologists. Authors are invited to submit their work, including original research, reviews, meta-research, and opinion papers, showcasing important issues governing DM and nutrition.





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Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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