



Nutrition and Diet for Metabolic Health

Guest Editor:

Dr. Audrey Tierney

School of Allied Health, Health Implementation Science and Technology Centre, Health Research Institute, University of Limerick, Limerick, Ireland; Department of Rehabilitation, Nutrition and Sport, School of Allied Health, La Trobe University, Melbourne, VIC, Australia

Deadline for manuscript submissions:
closed (31 August 2021)

Message from the Guest Editor

Dear Colleagues,

The common feature or underlying pathogenesis of these metabolic disorders is characterised by chronic low-grade inflammation driven primarily from an obese phenotype. Obesity-induced inflammation impacts many metabolic systems and involves many organs including the pancreas, liver, skeletal muscle, heart, brain and adipose tissue.

Nutrients and dietary patterns have been shown to influence inflammatory processes and responses. The Mediterranean diet is the most widely researched and evidence based diet, and has been widely cited for its anti-inflammatory properties in the primary and secondary prevention of many metabolic diseases with inflammatory origins. Other dietary patterns also emerge as conferring benefit such as the DASH, Nordic and Vegetarian diets.

This special issue focuses on the culmination of recent evidence on established and emerging dietary patterns and lifestyle behaviours for the prevention and integrated management of inflammatory derived metabolic diseases.





an Open Access Journal by MDPI

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

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank: JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Food Science)

Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/nutrients
nutrients@mdpi.com
X@Nutrients_MDPI