



Unbalanced Diets: High-Fat, High-Sucrose and High-Protein Diets

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Message from the Guest Editors

Dear Colleagues,

Maintaining a balanced diet is essential to reach and preserve a healthy metabolic status. In contrast, the consumption of an unbalanced diet is associated with the development of obesity and other metabolic alterations. Thus, the intake of high-fat, high-sucrose (or both) and high-protein diets are associated not only with metabolic status *per se* but also with many diseases, from various types of cancers to neurological diseases and cognitive disfunctions, diseases associated with the locomotor system, etc. However, are unbalanced diets always a bad option? Ketodiets, diets low in carbohydrates and high in protein or fat, have been useful for weight loss and garnered excellent results for the control of diabetes. Knowing the mechanism/s through which these diets modulate metabolic and molecular pathways is crucial to understanding how unbalanced diets can affect human health. In this Special Issue of *Nutrients*, we will focus on how various unbalanced diets (on macronutrients content) alter a healthy status or could be used in specific situations to improve metabolic-altered conditions.

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