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The Effect of Dietary Interventions on Obesity and Type 2 Diabetes in the Era of the Incretin-Based Therapies

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Message from the Guest Editors

The incidence of obesity and type 2 diabetes has grown rapidly worldwide. Obesity is a chronic and progressive disease and one of the major risk factors for the development of type 2 diabetes, NAFLD, hypertension, dyslipidemia, cardiovascular disease, and several cancer types. There have been different strategies to prevent and/or manage these diseases. However, it is recognized that some compensatory mechanisms, including decreased resting energy expenditure as well as endocrine changes, occur during these weight-loss strategies and favor weight regain. Therefore, it is challenging to maintain these effects in the long term.

We are pleased to invite you to collaborate as a contributor author in a Special Issue of the journal *Nutrients* entitled “The Effect of Dietary Interventions on Obesity and Type 2 Diabetes in the era of the incretin-based therapies”.

This Special Issue aims to identify, understand, treat, and prevent obesity, type 2 diabetes and all the related diseases, increasing, in turn, the quality and duration of life.

In this Special Issue, original research articles and reviews are welcome. We look forward to receiving your contributions.



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Special *Issue*



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