



Diet, Nutrition and Abdominal Obesity

Guest Editors:

Prof. Dr. Liliana G. González-Rodríguez

Faculty of Health Sciences,
University Alfonso X El Sabio,
28691 Madrid, Spain

Prof. Dr. Aránzazu Aparicio Vizuete

VALORNUT Research Group,
Department of Nutrition and
Food Science, Faculty of
Pharmacy, Complutense
University of Madrid, 28040
Madrid, Spain

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Message from the Guest Editors

Dear Colleagues,

Abdominal obesity has been associated with the development of insulin resistance, dyslipidemia, hypertension, diabetes type 2, cardiovascular disease, colorectal cancer, and cognitive impairment. A significant number of publications have analyzed general obesity, but fewer studies have quantified the prevalence of abdominal obesity among the population, or have studied its relationship with diet, nutrition, and other lifestyle factors.

This Special Issue will focus on the studies on the role of dietary patterns, energy balance and nutrients situation, number of meals and snacks consumed per day and composition, and the role of chrononutrition in relation with abdominal obesity in different age groups. It is necessary to delve into the knowledge of those dietary risk and protective factors related to abdominal obesity and to analyze the efficacy and safety of food-based interventions, dietary supplements, or of interventions that combine multiple approaches so as to prevent or properly treat this health condition, both individually and collectively.

Prof. Dr. Liliana G. González-Rodríguez

Prof. Dr. Aránzazu Aparicio Vizuete

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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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Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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