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Nutrition-Related Behavior Changes and Cardiometabolic Health

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Deadline for manuscript
submissions:

closed (20 December 2022)

Message from the Guest Editors

Time-restricted feeding, often referred to as intermittent fasting, is increasingly being recognized as a useful and beneficial tool for managing many aspects of health, including cardiometabolic disease. Beyond excess food intake, cardiovascular and metabolic disease is exacerbated by the consumption of specific macro- and micronutrients, such those in the Western diet, including high fat, simple sugars, and high salt.

However, new pre-clinical studies have shown that metabolic function can be improved in mice that develop obesity from eating a high fat diet by restricting food to specific hours of their active period and fasting during their normal rest period. Recent clinical studies have also shown considerable cardiometabolic benefits from restricting meal time independent of caloric intake.

This Special Issue solicits manuscripts containing primary research or reviews from both pre-clinical and clinical studies for consideration that address several key aspects of nutrition-related behavior and its impact on cardiometabolic outcomes, including meal timing or the timing of specific components of the diet.



mdpi.com/si/111240

Special *Issue*



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Message from the Editorial Board

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