



## The Intervention of Diet on Energy Metabolism

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Deadline for manuscript  
submissions:

**closed (20 December 2022)**

### Message from the Guest Editors

Dear Colleagues,

Food intake pattern determine changes in energy expenditure due to its influence on body size and composition (percentage of fat, bone, and muscle) and by its own composition that modulate signalling pathways that optimise the consumption of energy. On the other hand, energy restriction may causes an adaptive reduction of energy expenditure by lowering tissue metabolism and reducing body movement.

Main Topics (but not limited to):

- Effect of nutrients (e.g., amino acids, glucose, fructose, lipids, vitamins, and minerals) on energy expenditure
- Functional food as a strategy to influence energy expenditure
- The importance of the oral microbiome in the modulation of energy metabolism
- Role of mediators of inflammation on energy metabolism
- Effect of hormones in the regulation of energy metabolism
- Impact of body composition in the energy expenditure
- Influence of diet on energy metabolism in acute and chronic diseases
- Eating strategies to modulate energy expenditure





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