



an Open Access Journal by MDPI

## The Impact of Fasting on Human Health: Which Is the Current Evidence?

Guest Editors:

### **Dr. Nicola Luigi Bragazzi**

Laboratory for Industrial and Applied Mathematics (LIAM), Department of Mathematics and Statistics, York University, Toronto, ON M3J 1P3, Canada

### **Dr. Mohammad Adawi**

Padeh and Ziv Medical Centers, Azrieli Faculty of Medicine, Bar-Ilan University, Ramat Gan, Israel

### **Dr. Abdulla Watad**

Sheba Medical Center, Tel-Hashomer, University of Tel Aviv, Israel

Deadline for manuscript submissions:

**closed (30 September 2020)**

### **Message from the Guest Editors**

Dear Colleagues,

In the last few decades, the topic of fasting has attracted considerable interest from researchers and scholars. An emerging body of literature is showing the beneficial effects of fasting on human health, both in terms of molecular and cellular mechanisms (using in vitro experimentation and animal models) and clinical outcomes. Different fasting regimens and protocols exist, including a periodic diet, caloric or dietary restriction, dietary manipulation, intermittent/time-restricted circadian fasting, and short-term and prolonged fasting. However, from a methodological standpoint, scientific evidence, and a comparison of the effectiveness of the different fasting regimens, is still missing. Therefore, original investigations and studies on humans, especially randomized clinical trials, are especially welcome in this Special Issue. High-quality reviews, with a focus on systematic reviews and meta-analyses, will be appreciated as well.

Dr. Nicola Bragazzi

Dr. Mohammad Adawi

Dr. Abdulla Watad

*Guest Editors*



[mdpi.com/si/32739](https://mdpi.com/si/32739)



an Open Access Journal by MDPI

## 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

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

**Journal Rank:** JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Food Science)

## Message from the Editorial Board

*Nutrients* is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

## Contact Us

*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
www.mdpi.com

mdpi.com/journal/nutrients  
nutrients@mdpi.com  
X@Nutrients\_MDPI