

Special Issue

Effects of Diet on Carbohydrate and Lipid Metabolism

Message from the Guest Editor

The incidence of several cardiometabolic diseases (e.g., obesity, metabolic syndrome or type II diabetes mellitus) is rapidly increasing worldwide during the last decades accounting for important healthcare costs. Circulating lipids, such as LDL-cholesterol, are a key modifiable risk factor for cardiovascular diseases. Dietary intervention has strong historic links with lipid lowering, and remains the frontline strategy. Thus, the type of diet, and therefore the components of the food (nutrients and non-nutrients), has a determining role in the regulation of metabolism. Changes in diet composition acting on nutrient quality, independently of changes in energy intake, may be effective on cardiometabolic and diabetes risk prevention, offering a more feasible and safe alternative treatment to energy restriction. In this Topic, we invite researchers to submit novelty papers on the effects of nutritional compounds related to carbohydrates and lipid Metabolism. We welcome original research articles, animal and clinical studies, as well as review articles.

Guest Editor

Dr. Ornella Guardamagna

Department of Public Health and Pediatric Sciences, Università degli Studi di Torino, 10124 Turin, Italy

Deadline for manuscript submissions

closed (15 October 2023)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/135801

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



About the Journal

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.

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 (Nutrition and Dietetics)