

Special Issue

Dietary Modifications from Benefits to Pathology

Message from the Guest Editor

The nutritional values of dietary products are not only the amount of calories and the content of particular ingredients, but also their influence on metabolic pathways or genetic predisposition to diseases. This knowledge has made it possible to create animal models of diseases such as insulin resistance caused by a high-lipid diet. For this reason, there are strict recommendations to follow a proper diet in particular pathologies. Poor knowledge about the interaction of drugs and dietary products may worsen the health condition of organisms. Most diets or dietary modifications are not scientifically justified. Basic, preclinical, and clinical studies should be used to show how diet, products, and natural substances influence living organisms in health and disease. We invite researchers and clinicians to submit their relevant scientific work, either original articles or reviews, to this Special Issue of *Nutrients* entitled "Dietary Modification from Benefits to Pathology". We look forward to your active participation.

Guest Editor

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Deadline for manuscript submissions

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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.

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