

Special Issue

Impact of High Fiber Diet, High Protein Diet and Low Carbohydrate Diet and of Fat Mass on Diseases Prevention and Treatment

Message from the Guest Editors

The global spread of chronic disease (CD), helped by poor nutrition, needs targeted interventions. Currently, it is being demonstrated that obesity is the second risk factor for COVID-19. It is, therefore, fundamental to collect all the information regarding obesity. Prevention is the most important tool to reduce the long-term incidence and costs of COVID-19; although, at the moment, studying the incidence of this disease in obese people in the current pandemic carries the same importance. The cure of obesity is a challenge that must be overcome. Different dietetic treatments have been proposed over the years, with some showing more effectiveness than others. Low-carbohydrate diets have shown good results, e.g., high-protein diets. These topics should be better investigated, and for this reason, we invite authors to submit original research and new reviews to improve the knowledge in this field.

Guest Editors

Prof. Dr. Antonino De Lorenzo

Section of Clinical Nutrition and Nutrigenomic, Department of Biomedicine and Prevention, University of Tor Vergata, Via Montpellier 1, 00133 Rome, Italy

Prof. Dr. Paola Gualtieri

Section of Clinical Nutrition and Nutrigenomics, Department of Biomedicine and Prevention, University of Rome "Tor Vergata", Rome, Italy

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

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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

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