

Special Issue

Effects of Nutritional Interventions and Lifestyle on Diabetes and Lipid Metabolism

Message from the Guest Editor

Lifestyle comprises a set of attitudes and habits which modify quality of life. Nutritional status is one of the most obvious components of a healthy lifestyle and directly modifies the presence and treatment of several diseases. Diabetes and dyslipidemia are two of the main components of metabolic syndrome. Diabetes is characterized by persistent high blood glucose levels, which is commonly associated with obesity in type 2 diabetes. Dyslipidemia, in turn, is frequently linked with elevated circulating triglycerides and cholesterol, which increases the cardiometabolic risk related to altered local and systemic lipid metabolism. Nutritional interventions, exercise, functional foods and nutraceuticals are important tools to reduce and treat MetS, improving the quality of life. This SI aims to collect papers evaluating the experimental/clinical relevance and biological activities of nutraceuticals, plants, dietary interventions, isolated compounds and the mechanisms involved in quality of life, diabetes, dyslipidemia and related disorders. Moreover, papers addressing innovative pharmaceutical formulations are welcome.

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Deadline for manuscript submissions

closed (20 October 2023)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/129476

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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.

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