



nutrients



Special Issue Reprint

Dietary Habits and Metabolic Health

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“Dietary Habits and Metabolic Health” examines the interplay between nutritional practices and metabolic outcomes, focusing on emerging research across diverse dietary factors. Key areas of exploration include the metabolic consequences of altered nutrient profiles in processed foods, such as protein and lipid oxidation products, glycosylation derivatives, and microbial-driven nutrient modifications. It also investigates the role of probiotics and prebiotics in modulating gut microbiota, metabolic pathways, and physiological responses under varying dietary patterns. Additional topics encompass the metabolic effects of dietary practices like energy restriction, single-nutrient limitation, and intermittent fasting, as well as connections between diet, gut microbiota composition, and chronic disease risk. The issue further highlights personalized dietary interventions as a tool for metabolic regulation. By synthesizing evidence from food science, nutrition, and medicine, this Special Issue aims to deepen insights into how dietary behaviors influence metabolic health and inform strategies for disease prevention and management.



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