



***nutrients***



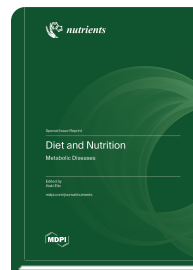
*Special Issue Reprint*

## **Diet and Nutrition**

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This compilation, originating from the Special Issue “Diet and Nutrition: Metabolic Diseases” in *Nutrients*, presents a focused collection of recent research and reviews that illuminate the complex relationships between dietary habits and metabolic health. As the global incidence of obesity, metabolic syndrome, type 2 diabetes, and cardiovascular disease continues to rise, this volume addresses how specific nutrients, food choices, and overall dietary patterns contribute to the prevention and management of these disorders.

Within this collection, readers will discover investigations into the biological mechanisms that connect nutrition to metabolic dysfunction, including the roles of inflammation, oxidative stress, and the gut microbiome. The issue also evaluates the effectiveness of various dietary models, such as plant-based diets, low-glycemic approaches, and the Mediterranean diet, in improving metabolic markers and reducing disease risk.

Particular emphasis is placed on the influence of nutrition across different life stages, from prenatal development to aging populations. Innovative approaches, such as the use of functional foods, nutraceuticals, and sustainable dietary practices, are explored for their potential to enhance metabolic outcomes.

By integrating findings from clinical, population-based, and mechanistic studies, this volume serves as a valuable resource for researchers, clinicians, and policymakers, offering timely, evidence-based guidance for addressing the growing burden of metabolic diseases worldwide.



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