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Special Issue Reprint

Diet Composition, Eating Habits and Their Impact on Metabolic Diseases

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The incidence of metabolic diseases, such as type 2 diabetes, obesity, hypertension, dyslipidaemia, etc., is increasing worldwide, and they are already considered epidemics. These diseases are commonly associated with defects in insulin secretion and/or action, glucose homeostasis impairment, and lipid metabolism dysfunction. At the core of these defects is diet composition and nutritional status, as well as eating patterns. It is consensual that hypercaloric diets and some nutritional constituents contribute to the genesis of insulin resistance and to dysmetabolism, namely the consumption of sugar, fructose, and fat-enriched diets. Moreover, unhealthy eating habits such as skipping meals, replacing water with sodas, nocturnal eating, etc., have contributed enormously to the metabolic diseases' epidemic. In this context, both peripheral dysfunctions and brain circuit alterations act in concert, impacting food behavior and the management of nutrients.

This Special Issue, "Diet composition, eating habits and their impact on metabolic diseases", highlights the effect of different eating habits on insulin action and glucose and lipid metabolism. It also unravels the mechanistic links between different diet consumption and the impact on peripheral and central circuits linked with food behavior and metabolic homeostasis.

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