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Special Issue Reprint

Nutrition, Metabolism, and Obesity

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Obesity is a pressing public health issue, closely linked to metabolic comorbidities including type 2 diabetes, dyslipidemia, liver diseases, and cardiovascular diseases. Excessive or inappropriate nutrient intake triggers chronic inflammation, disrupts metabolic pathways, and leads to insulin resistance and systemic dysfunction. Nutritional interventions are increasingly recognized as effective tools for managing obesity and related disorders. This Special Issue of *Biomolecules* explores the molecular roles of macro- and micro-nutrients, alongside current dietary guidelines. We delve into the key metabolic pathways and mechanisms by which nutrients influence obesity and metabolic diseases, including the role of the gut microbiota in modulating metabolic responses to nutrition, offering insights into how diet and microbial interactions shape human metabolic health. This Reprint aims to advance understanding of the pathogenesis of obesity, type 2 diabetes, non-alcoholic liver disease, cardiometabolic disorders, and malnutrition. We collected original research and reviews on innovative nutritional strategies, molecular mechanisms, and preclinical discoveries.

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