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Special Issue Reprint

Diet and Nutrition

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This compilation, derived from the Special Issue “Diet and Nutrition: Metabolic Diseases” in *Nutrients*, presents a curated selection of high-quality research articles and reviews addressing the growing global burden of metabolic disorders. Conditions such as obesity, metabolic syndrome, type 2 diabetes, and related cardiometabolic complications are strongly influenced by dietary patterns, lifestyle factors, and environmental determinants, making nutrition a central component in both prevention and management strategies. The contributions included in this Reprint provide a multidisciplinary perspective on the role of nutrition in metabolic health, highlighting key mechanisms such as inflammation, oxidative stress, insulin resistance, and gut microbiota modulation. The volume also examines the impact of dietary patterns, including Mediterranean and plant-based diets, as well as emerging strategies such as functional foods, nutraceuticals, and personalized nutrition approaches. In addition, several studies explore population-specific interventions and the importance of adapting nutritional recommendations to different life stages and clinical contexts. By integrating evidence from clinical, epidemiological, and translational research, this Reprint offers an updated scientific framework to support the development of effective, evidence-based nutritional strategies for the prevention and management of metabolic diseases across diverse populations. It also contributes to bridging the gap between scientific knowledge and its practical application in clinical and public health settings.

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