

Guest Editors



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Health Outcomes and Dietary Patterns in the Diabetic and Obese Population

🕒 **Deadline: 15 December 2022**

Dear Colleagues,

Obesity is a major health problem in developed countries, affecting people of all ages and genders. Overweight and obesity are attributed to an imbalance between dietary energy intake and energy expenditure, in addition to genetic factors. The obesity epidemic is exacerbated by a poor dietary quality and ready availability to nutritionally poor foods. Overweight and obesity are key risk factors in the etiology of a variety of diseases, including metabolic syndrome, type 2 diabetes, hypertension, cardiovascular disease, non-alcoholic fatty liver disease, and others. Despite increased efforts to combat the obesity epidemic by encouraging healthy eating habits, physical activity and medication, the problem persists. New approaches are therefore clearly required to achieve successful preventive and treatment solutions for obesity and comorbidity. In the context of obesity and related disorders, several food intake patterns and nutritional interventions have been investigated.

Original articles, systematic reviews, reviews, mini-reviews and clinical trial articles that provide additional knowledge on the topic of "Health Outcomes and Dietary Patterns of Diabetes and Obesity" are welcome.

Please note this Special Issue will focus on male samples or gender differences compared with female samples.

Dr. Roberta Zupo, Prof. Fabio Castellana and Prof. Giovanni De Pergola

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