



Dietary Management in the Obesity Treatment

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Message from the Guest Editors

Dear colleagues,

We are witnessing a global increase in the incidence of obesity and associated metabolic diseases, the leading causes of mortality and morbidity worldwide. A combination of sedentary lifestyles and unhealthy dietary patterns have been suggested as the most critical drivers of overweight and obesity. Therefore, it is essential to identify a cost-effective dietary strategy to reduce the incidence of obesity and associated comorbidities. The current approaches for weight management are mainly based on caloric restriction combined with physical activity. Despite much research on the roles of diet and dietary involvement in the etiology of obesity, the available strategies are still not sufficiently effective. Moreover, factors beyond diet are associated with individual predispositions to obesity, such as genetics, epigenetics, and the microbiome, which are sources of interindividual variation in the responses to dietary interventions. This Special Issue was created with the aim of improving our understanding of dietary patterns in the course of obesity development in order to develop new prevention strategies.





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