



## Impact of High Fiber Diet, High Protein Diet and Low Carbohydrate Diet and of Fat Mass on Diseases Prevention and Treatment

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### Message from the Guest Editors

The global spread of chronic disease (CD), helped by poor nutrition, needs targeted interventions. Currently, it is being demonstrated that obesity is the second risk factor for COVID-19. It is, therefore, fundamental to collect all the information regarding obesity.

Prevention is the most important tool to reduce the long-term incidence and costs of COVID-19; although, at the moment, studying the incidence of this disease in obese people in the current pandemic carries the same importance.

The cure of obesity is a challenge that must be overcome. Different dietetic treatments have been proposed over the years, with some showing more effectiveness than others. Low-carbohydrate diets have shown good results, e.g., high-protein diets.

These topics should be better investigated, and for this reason, we invite authors to submit original research and new reviews to improve the knowledge in this field.





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