



## Diet Quality, Cardiometabolic Risk and Diabetes

Guest Editor:

### **Dr. Giuseppe Della Pepa**

1. Institute of Clinical Physiology,  
National Research Council-CNR,  
Cardiometabolic Risk Unit, 56124  
Pisa, Italy

2. Department of Clinical  
Medicine and Surgery, University  
of Naples Federico II, 80131  
Naples, Italy

Deadline for manuscript  
submissions:

**5 September 2024**

### **Message from the Guest Editor**

Dear Colleagues,

Cardiometabolic risk factors and type 2 diabetes are the largest contributors to the global disease burden and disease-related mortality. Changes in diet composition acting on nutrient quality independently of changes in energy intake may be effective in cardiometabolic and diabetes risk prevention, offering a more feasible and safer alternative treatment to energy restriction.

The aim of the present Special Issue is to summarize recent evidence on "Diet Quality, Cardiometabolic Risk, and Diabetes". More specifically, the impact of diet quality in terms of micro- or macronutrient composition, beyond the effect of diet restriction, on the prevention of cardiometabolic and diabetes risk, as well as diabetes management, will be discussed. Personalized quality dietary interventions for cardiometabolic health and diabetes prevention, as well as possible underlying mechanisms, will also be addressed in this Special Issue. This Special Issue welcomes submissions of original research and reviews of the scientific literature, including systematic reviews and meta-analyses.





# *nutrients*



an Open Access Journal by MDPI

## Editors-in-Chief

### **Prof. Dr. Lluís Serra-Majem**

1. Centro de Investigación  
Biomédica en Red Fisiopatología  
de la Obesidad y la Nutrición  
(CIBEROBN), Institute of Health  
Carlos III, 28029 Madrid, Spain  
2. Research Institute of  
Biomedical and Health Sciences  
(IUIBS), University of Las Palmas  
de Gran Canaria, 35001 Las  
Palmas, Spain  
3. Preventive Medicine Service,  
Centro Hospitalario Universitario  
Insular Materno Infantil (CHUIMI),  
Canarian Health Service, 35016  
Las Palmas, Spain

### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional  
Sciences, University of  
Connecticut, Storrs, CT 06269,  
USA

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

**Journal Rank:** JCR - Q1 (*Nutrition & Dietetics*) / CiteScore - Q1 (*Nutrition and Dietetics*)

## Contact Us

*Nutrients* Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/nutrients](http://mdpi.com/journal/nutrients)  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)  
[X@Nutrients\\_MDPI](https://x.com/Nutrients_MDPI)