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Diet, Nutrition, and Abdominal Obesity

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Deadline for manuscript
submissions:

closed (25 July 2023)

Message from the Guest Editor

Dear Colleagues,

A person's body fat distribution regulates the risk of obesity. Fat collected deep in the central abdomen of the body, called visceral fat, will lead to abdominal obesity, which will bring a greater risk of chronic disease and death. Abdominal obesity is associated with metabolic syndrome, which can lead to heart disease, cancer, diabetes, hypertension, nonalcoholic fatty liver disease, and related death. Although there are many studies on nutrition and/or lifestyle intervention in the prevention and treatment of abdominal obesity, the most effective method is still to limit energy intake and increase energy output through exercise. There is still a need for further research to explore new therapeutic strategies to prevent or treat abdominal obesity. The purpose of this Special Issue is, therefore, to collect contributions regarding the effects that nutrients, phytochemicals, functional foods, dietary patterns, dietary timing, lifestyle, etc., have on the regulation of body weight, adiposity in the abdomen, and measures of metabolic health. This Special Issue invites the submission of original research articles, short communications, and systematic reviews.



mdpi.com/si/148067

Special Issue



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

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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