



*nutrients*



an Open Access Journal by MDPI

## Impact of Dietary Fiber on Insulin Resistance and the Prevention of Diabetes

Guest Editor:

**Prof. Dr. Paolo Tessari**

Department of Medicine-DIMED,  
University of Padova, Via  
Giustiniani 2, 35121 Padova, Italy

Deadline for manuscript  
submissions:

**closed (12 April 2023)**

### Message from the Guest Editor

Dear Colleagues,

The goal of this Special Issue, “Impact of Dietary Fiber on Insulin Resistance and the Prevention of Diabetes”, is to review and discuss the role of dietary fiber, and fiber-containing foods, on diabetes control and prevention. Insulin resistance is a key causative defect in the pathophysiology of diabetes, particularly type 2. Diet is a cornerstone of diabetes treatment; it can combat diabetes’ effects, insulin resistance and the risk of developing diabetes in predisposed individuals. Dietary fiber (DF), usually classified as either soluble or insoluble, is an important vegetal component in the diet. The effects of DF could be relevant to satiety, weight control, gastric emptying, intestinal transit time, nutrient absorption, insulin-resistance, gastrointestinal hormone secretion and provision of active nutritional elements. The focus on the mechanism(s) and the effects of DF in diabetes is rapidly growing due to its prevalence in many popular foods (cereals, vegetables, fruit). There is specific interest regarding the effect(s) of the insoluble fiber of scarcely processed foods, such as whole grains.



[mdpi.com/si/137752](https://mdpi.com/si/137752)

# Special Issue



# *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*)

## 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.

## 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://twitter.com/Nutrients_MDPI)