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The Relationship between Dieting, Dietary Restraint, Caloric Restriction, Intermittent Fasting and Eating Disorders

Guest Editor:

Prof. Dr. Samir Giuseppe Sukkar
Responsible Director of the U.O. Dietetics and Clinical Nutrition – San Martino GE Polyclinic Hospital, Genova, Italy

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Message from the Guest Editor

Calorie restriction plays an important role in improving health conditions and increases survival in all species studied.

Recently, it has been observed that calorie restriction mechanisms can be amplified or partially replaced by fasting. Physiological fasting is the reduction of the physiological duration of caloric and protein intake for about 12 hours. A change in the duration of fasting can induce effects, both at the cellular level and at the systemic level, which are more intense than simple calorie restriction. From this point of view, we can distinguish hourly calorie restrictions with fasting duration that can vary from 14 to 16 hours up to full days (defined intermittent fasts), with a ratio of 1:1, 5:2, depending on the length in fasting days.

In spite of its efficacy on the mechanisms of autophagy, caloric restriction and fasting can be associated with malnutrition when excessive or in the presence of pathology. Therefore, it is crucial that in clinical situations such as eating disorders and cancer, paying attention to these methods is mandatory.

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Contact Us

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

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/nutrients
nutrients@mdpi.com
𝕏@Nutrients_MDPI