

Special Issue

Update on Diet, Nutrition and Type 2 Diabetes: Separating the Science from the Hype

Message from the Guest Editor

We all talk about it, but few patients follow our advice. In this Special Issue, we will explore both organic and behavioral science relating to diet and nutrition in patients with type 2 diabetes. We will address cultural differences in food intake and attitudes towards food that should factor in when we make nutritional suggestions to our patients. We will review what is known about the timing of what and when we eat and the effect on insulin resistance and weight loss. We will look ahead to upcoming topics such as personalizing advice based on genetics. All scholars are welcome to submit their relevant research results to this Special Issue, including but not limited to articles and reviews.

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Deadline for manuscript submissions

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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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