

Special Issue

Diets/Nutrients and Microbiota for Weight Management

Message from the Guest Editors

The search for the “perfect” diet that could be able to decrease weight and to maintain the decrease, has challenged scientists for decades. In fact, to date the target of ameliorating the level of well-being and the reduction of mortality risk due to overweight is far from being reached. Recently, scientists focused their attention on nutritional regimens that are mainly based on vegetal foods, with limited use of those from animal sources. Moreover, the concomitant administration of natural substances known to ameliorate the response to dieting (ex. inositols) is widely used to facilitate and amplify the results. In this view, an adequate nutritional therapy, in terms of micro-and macro-nutrients, should be able to obtain a complete metabolic reset, also acting through its specific activity on gut microbiota, in order to reach the eubiosis state, which is able to give additional protection in terms of ideal weight maintenance. I would like to invite Scientists from all over the world to give their contribution, under the form of original articles or reviews for the preparation of the Special Issue “Diets/nutrients and microbiota for Weight management”.

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About the Journal

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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