

Special Issue

Nutrition, Circadian Disruption and Cardiometabolic Health

Message from the Guest Editor

Many work and social activities are scheduled to occur at times when the internal biological clock (i.e., the circadian system) is promoting sleep, fasting, and inactivity. Wakefulness and eating during these biological times result in a disruption of the circadian system that, if chronically induced, is associated with not only impairments in safety, cognitive functioning, and sleep but also a multitude of poor health consequences, including metabolic syndrome, diabetes, and obesity. A growing body of literature has begun to recognize the importance of circadian disruption toward health; however, additional research is needed on the interaction between nutrition, circadian disruption, and cardiometabolic health. Importantly, mechanisms for adverse health need to be identified in order to create research-based countermeasures to help combat disease in those at risk of circadian disruption. Original research on topics regarding nutrition, circadian disruption, and cardiometabolic health, including, but not limited to, topics focused on energy metabolism, meal timing, and all aspects of health, are encouraged. Reviews of the literature are also welcome.

Guest Editor

Dr. Andrew W. McHill

School of Nursing, Oregon Health & Science University, Portland, OR, 3455 SW US Veterans Hospital Road, USA
Oregon Institute of Occupational Health Sciences, Oregon Health & Science University, Portland OR, 3181 SW Sam Jackson Park Road - L606, USA

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MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
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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.

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

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