



Nutrition and Diabetes: A Health Issue

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Message from the Guest Editor

Diabetes mellitus continues to be on the rise globally. Hyperglycemia is the classical symptom, and much of this is contributed by dietary nutrients, especially carbohydrates. In addition, research has shown that different types of fats, proteins, fibers, and dietary bioactive compounds can modulate diabetes risks in humans. Individual foods and habitual dietary patterns that inversely associate with diabetes risks must be identified to formulate effective public health messages for diabetes prevention and management. Randomized controlled trials that examine specific dietary strategies and foods to lower the risk of diabetes and its complications are urgently needed, as these address cause-and-effect relationships in nutrition and diabetes research. This Special Issue will focus on clinical trials and epidemiological studies that identify relationships between nutrition and diabetes. Finally, there is a dearth of literature on effective nutrition strategies that prevent the progression of prediabetes to the clinical onset of type 2 or gestational diabetes, and this is also included within the scope of this Special Issue. We welcome reviews as well as original investigations.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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