



Diet and Nutrition: Metabolic Diseases

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Message from the Guest Editor

Nutrition (food) is composed of proteins, carbohydrates, and fats, broken down by enzymes in the digestive system, and the body uses these to store them in the liver, muscle tissues, or body fat.

Metabolic disorders are caused by deficiencies or excesses of the nutrients altering our healthy state, deficiencies of enzymes necessary to a specific chemical reaction, abnormal chemical reactions that make metabolic processes difficult, and organ diseases in the liver, pancreas, or endocrine glands.

The most common metabolic diseases are the two types of diabetes. Prediabetes, metabolic syndrome, non-alcoholic fatty liver disease, dyslipidemia, and arterial hypertension are the principal pathologies that are related to overweight and obesity, especially with abdominal fat distribution. Papers addressing these topics are invited for this Special Issue, especially those combining the relation of diet and nutrition in the prevention or the treatment of metabolic disorders.





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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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