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Portada: Elabora por FUNIBER

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Editorial

From the Editorial Board of the *MLS Health and Nutritional Research* journal, we continue to strengthen the transfer of scientific knowledge in the field of health, nutrition and food. We encourage you to continue sending us your articles in order to contribute to the advancement of knowledge.

The first article deals with "Chrononutrition: effect of time of intake on nutrient metabolism".

Nowadays, metabolic disorders are one of the most common conditions worldwide. This is why

the study of the influence of the time of intake on the metabolism of a nutrient is of great importance for the development and application of new treatments for these diseases.

The following article discusses the "Impact of branched-chain amino acid (BCAA) intake on

Type 2 Diabetes Mellitus. Elevated circulating levels of branched-chain amino acids (BCAA) have been described as a strong predictor of type 2 diabetes mellitus (DM2). The main objective

is to evaluate whether a diet rich in these amino acids poses a risk for the development of DM2.

From the field of community nutrition "The feeding of university students and their learning

during confinement by Covid -19, a look from the theories of learning: ecology of human development, constructivist and sociocultural". Food is a transversal axis for learning and academic achievement. The COVID-19 confinement, makes it necessary to generate new strategies that allow us to know this relationship between nutrition and academic performance, with the intention of improving the achievement of university students.

Related to "Effect of low-carbohydrate diet on body composition of individuals practicing

strength-trained bodybuilding.". The low-carbohydrate diet has been studied, as it has shown

significant results in the benefit of weight reduction, since it is composed mostly of proteins and

natural fats with low inflammatory potential, also helping to reduce and combat fluid retention.

This diet combined with strength training may help with muscle growth and reduce body fat.

The following study is in the field of clinical nutrition "e-health no acompanhamento de enfermagem a longo prazo de pacientes submetidos a cirurgia bariátrica - prevalência dos fatores

de risco metabólico.". To analyze the effect of bariatric surgery, physical activity and weight

regain on the long-term prevalence of metabolic risk factors using telemedicine.

Finally, "Omega-3 polyunsaturated fatty acid supplementation versus a Mediterranean diet as a

treatment for non-alcoholic fatty liver disease". Non-alcoholic fatty liver disease (NAFLD) is

becoming increasingly prevalent and is the leading liver disease worldwide. The aim is to

compare new dietary-nutritional strategies, such as the Mediterranean diet and omega-3 polyunsaturated fatty acids, to determine which is more effective as a treatment for this disease.

Editor-in-Chief
Dr. Iñaki Elío Pascual