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Mediterranean Diet: Promoting Health and Sustainability

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Message from the Guest Editors

The Mediterranean Diet plays a well-established protective role against chronic diseases such as diabetes, obesity, cardiovascular diseases, different forms of cancer, Alzheimer disease, and even autoimmune disorders. It presents a better ecological footprint compared with other patterns due to the higher consumption of local in-season plant foods, the low ecological pressure by food production and consumption, as well as the lower intake of animal protein. Hence, encouraging people to increase adherence to Mediterranean diet would contribute substantially to decreased risk of chronic diseases as well as to sustainability of the food supply chain (from farm to fork), with a plethora of benefits for the environment.

In this Special Issue of *Foods*, we would like to bring together manuscripts dealing with the topic of “Mediterranean Diet: Promoting Health and Sustainability”. Different types of manuscripts on this topic, including original human and animal studies, dietary interventions, food analysis focusing mainly on the nutritional value of Mediterranean foods, systemic reviews, and metanalyses, are welcome.



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Special Issue



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Message from the Editor-in-Chief

Foods (ISSN 2304-8158) is an open access and peer reviewed scientific journal that publishes original articles, critical reviews, case reports, and short communications on food science. Articles are released monthly online, with unlimited free access. Currently, *Foods* has been indexed by the Science Citation Index Expanded (SCIE - Web of Science), PubMed, and Scopus. Our aim is to encourage scientists, researchers, and other food professionals to publish their experimental and theoretical results as much detail as possible. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global food science community.

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