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## Impacts of the Mediterranean Diet on Metabolic Diseases

Guest Editors:

**Prof. Dr. Didac Mauricio**

**Dr. Minerva Granado-Casas**

**Dr. Joana Rossell**

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submissions:

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### Message from the Guest Editors

Dear Colleagues,

This Special Issue, entitled “Impact of the Mediterranean Diet on Metabolic Disease”, will explore the impact of the Mediterranean diet on metabolic diseases with an increasing prevalence worldwide, including type 2 diabetes and its complications, obesity, dyslipidemia, hypertension, metabolic syndrome, atherosclerosis and metabolic liver disease.

We aim to elucidate the role of the Mediterranean diet—including the factors of adherence, consumption, and intervention—in different aspects of the prevention and management of these metabolic conditions.

Through this Special Issue, we hope to provide health care professionals and scientists with updated information on new diet-related approaches and their effect on metabolic diseases with supporting evidence.

Prof. Dr. Didac Mauricio  
Dr. Minerva Granado-Casas  
Dr. Joana Rossell  
*Guest Editors*



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# Special Issue



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