



## Mediterranean Dietary Pattern and Cardiovascular Health

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submissions:

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### **Message from the Guest Editors**

Dear Colleagues,

The Mediterranean dietary pattern is a healthy approach designed to reduce the consumption of animal fats and cholesterol, with the right balance between energy consumption and expenditure, and is characterized by a balanced consumption of foods rich in fiber, antioxidants and unsaturated fatty acids. However, this pattern also includes other behaviors, such as daily physical activity, low levels of stress and healthy habits that may lead to longevity and healthy aging.

Accordingly, the Mediterranean diet has been widely studied for its cardiometabolic properties and the beneficial effects it offers on health. Several studies and meta-analyses have shown that the beneficial effects come from the synergistic effect of various nutrients of the Mediterranean diet and not from a single ingredient.

Thus, this Special Issue on ‘Mediterranean Dietary Pattern and Cardiovascular Health’ seeks to gather and/or address some gaps by publishing selected papers detailing specific aspects of the Mediterranean dietary pattern and its components that could play a role in maintaining cardiovascular health with advancing age.





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