



Bioactive Compounds and Metabolic Disease

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Message from the Guest Editors

Dear Colleagues,

Metabolic syndrome (MetS) is a complex disease including elevated blood lipids, hyperglycemia, insulin resistance, hypertension, and obesity. Food and nutrients play a dual role in MetS. Indeed, groups of food (junk foods, sugary snacks, and sugar-sweetened beverages) and the excessive intake of specific macronutrients (fatty acids and sugars) may contribute to the onset of MetS. On the other hand, several micronutrients (vitamins and polyphenols and their derivatives) may exert a neutralizing action, strongly limiting MetS progression and consequent multiorgan damage.

This Special Issue aims to discuss how food and nutrients may play a bad or a good role in the development, prevention, and treatment of MetS and its consequences. The comprehension of this duality is crucial for the management of these multifactorial diseases.

The Guest Editors welcome original contributions, epidemiological studies, narrative and systematic reviews, as well as meta-analyses that highlight both the pathogenetic and therapeutic role of foods and nutrients in MetS and co-morbidities.





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