



Health Benefits of the Plant-Based Diet for Metabolic Syndrome

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Message from the Guest Editor

Patients with metabolic syndrome have an increased risk for cardiovascular disease events and all-cause mortality. Lifestyle modifications, especially dietary habits, comprise the main therapeutic strategy for the treatment and management of MetS, but the most effective dietary pattern for its management has not been established. The aim of this Special Issue is to highlight novel research findings on plant-based diets that could represent an innovative and sustainable approach for the prevention and treatment of MetS. We welcome submissions of original research articles, reviews, and mini-reviews focusing on, but not limited, to the following topics:

- Animal and clinical studies on plant-based diets (including the Mediterranean diet) and their active constituents, as well as their influence on relevant health outcomes.
- Role of different bioactive foods or nutraceuticals in the management of MetS-associated disorders.
- Synergistic or antagonistic action between different bioactive foods or nutraceuticals present in the plant-based diets on neuroendocrine-immune system modulation and gut microbiota dysbiosis.
- Potentially toxic elements and healthy diets.





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