



Dietary Fat and Metabolic Syndrome

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Message from the Guest Editors

The term metabolic syndrome (MetS) applies to the global epidemic of the modern world, driven by rapid unplanned urbanization and the globalization of unhealthy lifestyles, including stress, physical inactivity, and increased consumption of high-calorie/fat low-fiber diets. Because of its serious consequences, MetS represents a significant health problem in highly developed and developing countries. This pathologic condition is characterized by the coexistence of several disturbances, such as abdominal obesity, hyperlipidemia, insulin resistance, impaired glucose tolerance, and hypertension. Although the basic pathomechanism of MetS has already been described, the role of nutrient-based factors still remains an issue. Searching for an association between the incidence and prevention of MetS and modifiable lifestyle factors is one of the current trends targeting novel preventive and disease-modifying therapeutic interventions. This Special Issue, “Dietary Fat and Metabolic Syndrome”, aims to provide high-quality research papers as well as meta-analyses and review articles on recent achievements in this field.





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