



Mediterranean Diet, Plant-Based Diet, Low-Fat Diet and Human Health

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Message from the Guest Editors

The Mediterranean diet is considered one of the healthiest dietary patterns worldwide to such an extent that in 2010, UNESCO recognized it as an “intangible cultural heritage of humanity”.

Plant-based diets have recently become very popular too, both for ethical and health reasons. These types of diets can include the consumption of high glycaemic index foods, which increase glycemia and induce a vicious cycle leading to overeating.

The “planetary health diet” has been supported by the EAT-Lancet Commission as sustainable and able to feed the planet and reduce malnutrition.

These diets all tend to decrease the intake of red and processed meats and animal fats. However, how low in fat should a healthy diet be? Are all fats equally bad for cardiovascular health and all other chronic conditions?

For this Special Issue, we welcome the submission of studies that evaluate the outcomes of diets in children and adults of all ages, as well as literature reviews.





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