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Mediterranean Diet and Physical Activity as Healthy Lifestyles for Human Health

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Message from the Guest Editor

Over the last few decades, the Mediterranean Diet (MD), characterised by high intake of vegetables, legumes, fruits, nuts, dairy products and non-refined cereals, moderate intake of fish and poultry, low intake of red meat and sweets, has been recognised as a model for healthy eating. Indeed, adhering to the MD reduces risk of metabolic and non-communicable diseases, including type 2 diabetes, metabolic syndrome, obesity cardiovascular disease and cancer. As an integral part of the traditional Mediterranean lifestyle, regular physical activity (PA) is also associated with reduced risk of chronic degenerative diseases, even if results often vary according to different types, duration and intensity or volume of PA.

Thus, the ongoing promotion and monitoring of the MD pattern, including eating habits and PA, is crucially important at all life stages.

This Special Issue of *Nutrients* entitled “Mediterranean Diet and Physical Activity as Healthy Lifestyles for Human Health” welcomes original research and reviews of the literature concerning this important topic.



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