



Mediterranean Diet and Physical Activity as Healthy Lifestyles for Human Health

Guest Editor:

Prof. Dr. Daniela Bonfiglio

Department of Pharmacy, Health and Nutritional Sciences,
University of Calabria, Via P.
Bucci, Arcavacata di Rende (CS),
87036 Cosenza, Italy

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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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Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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