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Mediterranean Nutrients and Oils

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Message from the Guest Editors

The Mediterranean diet is characterized by high intake levels of fruit, vegetables, olive oil, whole grains, legumes, and blue fish, with restrictions on red meat and dairy intake, moderate but regular consumption of red wine, and low consumption of manufactured foods including sugar-sweetened foods and drinks. It is considered one of the healthiest diets for health and longevity. This Special Issue of *Nutrients*, entitled *Mediterranean Nutrients and Oils*, aims to provide the latest evidence regarding the impact of the Mediterranean diet and its nutrients and oils on human wellbeing and health. We hope to receive articles from outstanding experts on this topic. Both original epidemiological studies on humans and original articles on cell and animal models, as well as review articles providing insight into the physiology and molecular benefits of the Mediterranean diet and its bioactives, are welcome.



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Special Issue



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