



Diet Habits and Lifestyle in Prevention and Treatment of Metabolic Syndrome and Metabolic-Associated Fatty Liver Disease

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Message from the Guest Editors

Metabolic syndrome (MetS) is a leading public health and clinical challenge worldwide. MetS is a clustering of medical conditions including abdominal obesity, high blood pressure, atherogenic dyslipidaemia and glucose intolerance/diabetes. PCOS, OSAS and NAFLD are further clinical components of MetS. MetS is associated to lifestyle and obesity, and insulin resistance is the main underlying metabolic alteration together with low-grade inflammation and increased oxidative stress.

Diets low in calories, saturated fat, refined carbohydrates, and salt have been proposed. Monounsaturated and polyunsaturated fats, fiber, antioxidants, small amount of alcohol and well-planned vegetarian diets have also been suggested. Mediterranean diet, with or without energy restriction, seems to be the best dietary pattern for the prevention and management of MetS.

In this Special Issue we aim to summarize the main evidence on the different dietary approaches for MetS and its many clinical components and comorbidities. Particular attention will be paid to dietary approaches for the new clinical entity named MAFLD.





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