



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

Guest Editors:

Dr. Francesco Angelico

Department of Public Health and Infectious Diseases, Sapienza University, Piazzale Aldo Moro, 00185 Rome, Italy

Dr. Francesco Baratta

Department of Clinical Internal, Anaesthesiological and Cardiovascular Sciences, Sapienza University of Rome, Rome, Italy

Dr. Maria Del Ben

Department of Clinical, Internal, Anaesthesiological and Cardiovascular Sciences, Sapienza University of Rome, Viale del Policlinico 155, 00161 Rome, Italy

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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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Editors-in-Chief

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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Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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