



Time Trends and Determinants of the Adherence to the Mediterranean Diet in Children and Adults

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Message from the Guest Editors

Dear Colleagues,

A healthy balanced diet is imperative for healthy physical and mental development in children and helps to prevent nutrition-related diseases. The Mediterranean diet traditionally includes abundant plant foods. Dairy products are consumed daily in small quantities, some portions of poultry or fish are consumed weekly, and olive oil is the main source of fat intake. Several of these foods have been associated with a reduced risk of the incidence of chronic disease. Composite scores of adherence to the Mediterranean diet, which can best capture the synergy between these dietary components, have been associated with a lower risk of adverse health outcomes, with a greater magnitude than individual food components.

The aim of this Special Issue is to examine time trends and determinants of adherence to the Mediterranean diet. We welcome submissions of prospective and longitudinal data on determinants of adherence to the Mediterranean diet in addition to reviews (systematic reviews and meta-analyses) on this topic. Furthermore, reports on temporal trends of the Mediterranean diet are welcome.





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