



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

Guest Editors:

**Dr. Helmut Schröder**

1. Cardiovascular Risk and Nutrition Research Group (CARIN), Hospital del Mar Medical Research Institute (IMIM), 08003 Barcelona, Spain

2. CIBER Epidemiology and Public Health (CIBERESP), Instituto de Salud Carlos III Madrid, 28029 Madrid, Spain

**Dr. Santiago Felipe Gomez**

1. Gasol Foundation, 08830 Sant Boi de Llobregat, Spain

2. GREpS, Health Education Research Group, Nursing and Physiotherapy Department, University of Lleida, 25008 Lleida, Spain

Deadline for manuscript submissions:

**closed (5 December 2022)**

### 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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## 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

Tel: +41 61 683 77 34  
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