

Special Issue

Physical Activity and Psychosocial Factors Associated with Adherence to the Mediterranean Diet

Message from the Guest Editors

The Mediterranean diet is considered one of the most complete and balanced diets worldwide; it has been associated with a higher level of quality of life and general health. Some benefits are particularly notable, including a reduced risk of cardiovascular disease and other chronic diseases. In addition, recent studies have linked the Mediterranean diet to better mental health. A number of factors may be related to greater adherence to the Mediterranean diet, including physical activity and other factors of a psychological and social nature. Therefore, this Special Issue aims to address how adherence to the Mediterranean diet is influenced by the amount, regularity, and type of physical activity carried out by social aspects.

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Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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