

Special Issue

The Effect of the Mediterranean Diet on Metabolic Health

Message from the Guest Editors

There is much evidence to suggest that the Mediterranean diet could serve as an anti-inflammatory dietary model in many domains of human health across ages, including components of the metabolic syndrome and several metabolic risk factors. However, the results should be interpreted with caution because of heterogeneity among studies, and more high-quality studies are needed to provide robust evidence on the effect of the Mediterranean diet on the incidence of metabolic syndrome and its related comorbidities and the use of pharmacotherapy, as well as to delineate the biological mechanisms responsible for any global health benefits. Therefore, the aim of this special issue is to obtain high quality scientific evidence on the effect of the Mediterranean diet on the management of metabolic health, which has become even more of a priority after the COVID-19 pandemic, even in children and adolescents. Original research articles and reviews focused on the intake, absorption, and metabolism of dietary components typical of the Mediterranean pattern useful in the metabolic syndrome management are also welcomed.

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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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