



Dietary Strategies for Metabolic Syndrome

Guest Editor:

Prof. Dr. Herbert Ryan Marini

Department of Clinical and
Experimental Medicine,
University of Messina, 98125
Messina, Italy

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submissions:

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Message from the Guest Editor

Dear Colleagues,

Lifestyle modifications, especially dietary habits, are the main therapeutic strategy for the treatment and management of Metabolic Syndrome (MetS), but the most effective dietary pattern for its management has not been established. The goal of this Special Issue is to highlight recent research findings on dietary approaches for MetS and their use as efficient strategies to prevent and treat MetS and its comorbidities.

We welcome submissions of original research articles and reviews focusing on, but not limited to, the following topics:

- Impact of Mediterranean Diet on MetS;
- Role of different bioactive foods or nutraceuticals in the management of MetS-associated disorders;
- Gut microbiota and its role in the pathogenesis of the MetS.





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Editor-in-Chief

Dr. Amedeo Lonardo

1. Formerly Director of the Simple Operating Unit "Metabolic Syndrome", Azienda Ospedaliero-Universitaria, 41126 Modena, Italy
2. Formerly Professor of Internal Medicine, School of Specialization of Allergology and Clinical Immunology, University of Modena and Reggio Emilia, 41121 Modena, Italy

Message from the Editor-in-Chief

The metabolome is the result of the combined effects of genetic and environmental influences on metabolic processes. Metabolomic studies can provide a global view of metabolism and thereby improve our understanding of the underlying biology. Advances in metabolomic technologies have shown utility for elucidating mechanisms which underlie fundamental biological processes including disease pathology. *Metabolites* is proud to be part of the development of metabolomics and we look forward to working with many of you to publish high quality metabolomic studies.

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Contact Us

Metabolites Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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