

Special Issue

Cardiometabolic Effect of the Mediterranean Diet

Message from the Guest Editors

The Mediterranean diet (MedDiet) is commonly recognized as a health-promoting dietary pattern due to its familiar characteristics, including the regular consumption of vegetables, fruits, nuts, legumes, unprocessed cereals, and extra-virgin olive oil. Adherence to a MedDiet affords protection from insulin resistance-related cardiometabolic conditions, including type 2 diabetes (T2DM) and cardiovascular disease, and is inversely associated with central obesity in both epidemiological studies and dietary intervention studies. These benefits are also independent of caloric restriction and weight loss due to the large number of functional foods and nutraceuticals present within the dietary pattern. For more details, please visit:

https://www.mdpi.com/journal/metabolites/special_issues/

Cardiometabolic_Effect_Mediterranean_Diet

Guest Editors

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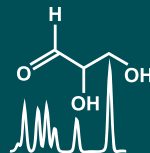
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About the Journal

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.

Editor-in-Chief

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