

Special Issue

Dietary Strategies for Metabolic Syndrome

Message from the Guest Editor

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.

Guest Editor

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Deadline for manuscript submissions

closed (31 August 2024)



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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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Author Benefits

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Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 14.4 days after submission; acceptance to publication is undertaken in 3.6 days (median values for papers published in this journal in the first half of 2025).