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Mediterranean Style Diets throughout Life: Clinical Benefits Extending beyond Weight Loss

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Message from the Guest Editors

Dear Colleagues,

Childhood and adulthood obesity share several complications, such as elevated blood pressure, type 2 diabetes, cardiovascular diseases, and asthma. However, obesity among children may also lead to alterations in sexual development and earlier metabolic disease development, with more prolonged exposure and a higher risk for significant complications.

Lifestyle interventions are the cornerstone of early intervention to treat obesity and its metabolic-related sequela. Mediterranean-style diets have emerged as an outstanding dietary pattern to promote metabolic health and treat and prevent obesity throughout life.

This Special Issue aims to provide an update on the different aspects of the Mediterranean diet, its modifications, its health benefits, and current and future prevention strategies and treatments of obesity, adiposity, and their metabolic consequences from childhood to adulthood.

We look forward to receiving your contributions. We welcome different types of manuscript submissions, including original research articles and up-to-date reviews (systematic reviews and meta-analyses).



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Special Issue



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