



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

Guest Editors:

Dr. Anat Yaskolka Meir

Department of Epidemiology,
Harvard T.H. Chan School of
Public Health, Boston, MA 02115,
USA

Dr. Gal Tsaban

1. Division of Cardiology, Soroka
University Medical Center, Beer-
Sheva 84101, Israel
2. The Health & Nutrition
Innovative International
Research Center, Faculty of
Health Sciences, Ben-Gurion
University of the Negev, Beer-
Sheva 84015, Israel

Deadline for manuscript
submissions:

closed (21 March 2023)

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).





an Open Access Journal by MDPI

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank: JCR - Q1 (*Nutrition & Dietetics*) / CiteScore - Q1 (Food Science)

Message from the Editorial Board

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.

Contact Us

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

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/nutrients
nutrients@mdpi.com
X@Nutrients_MDPI