

## Special Issue

# Mediterranean Diet and Metabolic Syndrome

### Message from the Guest Editors

Metabolic syndrome (MS) is a multifaceted health issue marked by visceral obesity, insulin resistance, dyslipidemia, and high blood pressure. Decades of research depict the MD as a rich source of compounds with antioxidant, anti-inflammatory, insulin-sensitizing, cardioprotective, neuroprotective, and anticancer properties. The MD, characterized by plant-based foods, including vegetables, legumes, fruits, and fish, with extra virgin olive oil as a primary lipid, offers anti-oxidant and anti-inflammatory effects.

This Special Issue, titled "Mediterranean Diet and Metabolic Syndrome", aims to compile original research, meta-analyses, and reviews further exploring the relationships between the MD and MS-related diseases. It aims to shed light on the effects of specific MD nutrients/bioactive compounds on MS and its associated pathologies; present current knowledge on the MD's potential in treating and preventing MS; and offer insights from both human and preclinical studies using cellular and animal models.

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### Guest Editors

Dr. Elena Silvestri  
Dr. Antonia Giacco  
Dr. Federica Cioffi

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### Deadline for manuscript submissions

closed (5 January 2025)



## Nutrients

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## About the Journal

### 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.

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### Editors-in-Chief

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