

Special Issue

A New Perspective on Mediterranean Diet and Type 2 Diabetes

Message from the Guest Editors

Recent scientific evidence highlights the efficacy of the Mediterranean diet in managing diabetes mellitus. Numerous studies demonstrate its positive impact on glycemic control, insulin sensitivity, and cardiovascular health among individuals with diabetes. Rich in olive oil, fruits, vegetables, nuts, and whole grains, the diet's anti-inflammatory and antioxidant properties contribute to improved metabolic outcomes. Key findings underscore reduced HbA1c levels, a lowered risk of cardiovascular events, and enhanced lipid profiles. These results align with recommendations promoting the Mediterranean diet as a therapeutic approach for diabetes management. Incorporating these dietary patterns may offer a holistic strategy to mitigate diabetes-related complications and promote overall well-being.

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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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