

Special Issue

Dietary Fat and Metabolic Syndrome

Message from the Guest Editors

The term metabolic syndrome (MetS) applies to the global epidemic of the modern world, driven by rapid unplanned urbanization and the globalization of unhealthy lifestyles, including stress, physical inactivity, and increased consumption of high-calorie/fat low-fiber diets. Because of its serious consequences, MetS represents a significant health problem in highly developed and developing countries. This pathologic condition is characterized by the coexistence of several disturbances, such as abdominal obesity, hyperlipidemia, insulin resistance, impaired glucose tolerance, and hypertension. Although the basic pathomechanism of MetS has already been described, the role of nutrient-based factors still remains an issue. Searching for an association between the incidence and prevention of MetS and modifiable lifestyle factors is one of the current trends targeting novel preventive and disease-modifying therapeutic interventions. This Special Issue, “Dietary Fat and Metabolic Syndrome”, aims to provide high-quality research papers as well as meta-analyses and review articles on recent achievements in this field.

Guest Editors

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Deadline for manuscript submissions

closed (15 May 2024)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/187558

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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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