

Special Issue

Ketogenic Diet and Mediterranean Diet as Medical Nutrition Therapies

Message from the Guest Editors

Diet plays a pivotal role in the phato-physiological processes related to many chronic diseases, particularly those related to environmental factors (i.e., lifestyle). Therefore, tailored nutritional interventions should be considered as Medical Nutrition Therapy (MNT) for primary and secondary prevention, as well as the management of many clinical conditions. Ketogenic diets (KDs) and the Mediterranean diet (MD) were appointed as strategies for MNT, given the solid evidence supporting their use in several clinical settings, ranging from cardiometabolic diseases to dermatology/neurology. This Special Issue aims to collect the most novel insights on the role of KDs and the MD in disease prevention and/or management. Original research articles (mainly from clinical trials) or scientific literature reviews (including narrative/scoping reviews, systematic reviews, meta-analyses) are welcome. Contributions describing novel mechanisms of action/targets will be profoundly appreciated

Guest Editors

Dr. Luigi Barrea

Dr. Giuseppe Annunziata

Dr. Claudia Vetrani

Deadline for manuscript submissions

closed (25 May 2025)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/211651

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

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 (UIBS), 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

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