

Special Issue

Clinical Outcomes and Emerging Evidence on the Mediterranean Diet

Message from the Guest Editor

The Mediterranean diet (MedDiet) is a method of eating based on the traditional dishes and foods of countries surrounding the Mediterranean Sea, including Greece, Italy, and Spain. It emphasizes the consumption of fruits, vegetables, legumes, whole grains, nuts, seeds, and olive oil, with moderate amounts of fish, poultry, eggs, and dairy products. The effects of MedDiet on the prevention and treatment of cardiovascular disease are widely recognized. Also, numerous studies have confirmed the positive effects of following MedDiet on different metabolic disorders (diabetes, obesity, and metabolic syndrome) and some types of cancer.

Although the evidence is still scarce, existing results indicate that MedDiet may play a preventive role in the development of neurodegenerative diseases, chronic kidney disease, respiratory chronic diseases, hip fractures, depression, erectile dysfunction, osteoarthritis, and rheumatoid arthritis. This Special Issue encourages the submission of research and review articles focusing on the long-term effects of the MedDiet in chronic non-communicable diseases.

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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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