

Special Issue

The Benefits of Mediterranean Diet on Non-communicable Diseases

Message from the Guest Editors

The aim of this Special Issue is to focus on the potential benefits of adherence to the Mediterranean diet on non-communicable diseases (NCDs), especially those that have been studied to a lower extent. Moreover, it aims to broaden the perspective on problems and crucial questions that remain unsolved within this topic:

- What do we know about the impact of the Mediterranean diet on populations outside of the Mediterranean area?
- Is there any association between adherence to the Mediterranean diet and markers of NCDs?
- Should we look at the Mediterranean diet as a part of overall lifestyle when assessing its health benefits?
- The role of the Mediterranean diet components, their interaction with other consumed items, and the mechanism of providing health benefits.

With this Special Issue of *Nutrients* we hope to partially answer the above questions and determine health benefits of adherence to the Mediterranean diet on some NCDs. Authors are invited to submit original research, meta-analysis, systematic reviews, and studies on relevant physiological mechanisms.

Guest Editors

Dr. Joanna Kaluza

Department of Human Nutrition, Warsaw University of Life Sciences-SGGW, 02-776 Warsaw, Poland

Dr. Maria Szmidt

Department of Human Nutrition, Warsaw University of Life Sciences-SGGW, 02-776 Warsaw, Poland

Deadline for manuscript submissions

closed (20 December 2023)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/131417

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

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)