

Special Issue

Mediterranean Diet and Physical Activity as Healthy Lifestyles for Human Health

Message from the Guest Editor

Over the last few decades, the Mediterranean Diet (MD), characterised by high intake of vegetables, legumes, fruits, nuts, dairy products and non-refined cereals, moderate intake of fish and poultry, low intake of red meat and sweets, has been recognised as a model for healthy eating. Indeed, adhering to the MD reduces risk of metabolic and non-communicable diseases, including type 2 diabetes, metabolic syndrome, obesity cardiovascular disease and cancer. As an integral part of the traditional Mediterranean lifestyle, regular physical activity (PA) is also associated with reduced risk of chronic degenerative diseases, even if results often vary according to different types, duration and intensity or volume of PA. Thus, the ongoing promotion and monitoring of the MD pattern, including eating habits and PA, is crucially important at all life stages. This Special Issue of *Nutrients* entitled “Mediterranean Diet and Physical Activity as Healthy Lifestyles for Human Health” welcomes original research and reviews of the literature concerning this important topic.

Guest Editor

Prof. Dr. Daniela Bonofiglio

1. Department of Pharmacy, Health and Nutritional Sciences, University of Calabria, 87036 Rende, CS, Italy

2. Centro Sanitario, University of Calabria, 87036 Rende, CS, Italy

Deadline for manuscript submissions

closed (25 October 2021)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/82044

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)