

Special Issue

Diet Habits and Lifestyle in Prevention and Treatment of Metabolic Syndrome and Metabolic-Associated Fatty Liver Disease

Message from the Guest Editors

Metabolic syndrome (MetS) is a leading public health and clinical challenge worldwide. MetS is a clustering of medical conditions including abdominal obesity, high blood pressure, atherogenic dyslipidaemia and glucose intolerance/diabetes. PCOS, OSAS and NAFLD are further clinical components of MetS. MetS is associated to lifestyle and obesity, and insulin resistance is the main underlining metabolic alteration together with low-grade inflammation and increased oxidative stress.

Diets low in calories, saturated fat, refined carbohydrates, and salt have been proposed. Monounsaturated and polyunsaturated fats, fiber, antioxidants, small amount of alcohol and well-planned vegetarian diets have also been suggested. Mediterranean diet, with or without energy restriction, seems to be the best dietary pattern for the prevention and management of MetS.

In this Special Issue we aim to summarize the main evidence on the different dietary approaches for MetS and its many clinical components and comorbidities. Particular attention will be paid to dietary approaches for the new clinical entity named MAFLD.

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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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