

Special Issue

Mediterranean Diet and Metabolic Disorders

Message from the Guest Editor

The Mediterranean diet is a dietary pattern, accompanied by a healthy lifestyle, that has developed in the countries of the Mediterranean basin.

In recent years, great advances have been made in our understanding of the effects of the Mediterranean diet on the prevention of cardiovascular diseases, but further scientific evidence is still required in the field of nutrition in order to be able to make recommendations to the general population about certain metabolic disorders. Having incorporated data from various omics, we must still determine which subjects respond best to specific recommendations. Precision nutrition plays a crucial role here, as it is essential for treating or preventing metabolic disorders or related risk factors and contributes to our detailed understanding of how food and nutrition affect states of health and disease and how each individual may respond to a diet depending on their individual characteristics.

Therefore, the Special Issue “Mediterranean Diet and Metabolic Disorders” will focus on providing scientific evidence from various fields on the effects of the Mediterranean diet on health at the metabolic level.

Guest Editor

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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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