

Special Issue

Mediterranean Diet: Health Benefits and Sustainability

Message from the Guest Editors

Different dietary patterns play a role not only in terms of health, but also in relation to environmental sustainability. The Mediterranean Diet is recognized for its numerous benefits for cardiovascular health and the prevention of chronic diseases. Moreover, as it reduces the intake of animal products and promotes biodiversity, this dietary pattern is expected to benefit environmental sustainability. The benefits of the Mediterranean Diet seem to come from its richness in antioxidant and anti-inflammatory molecules, largely derived from plant foods. It is these same plant foods that give the Mediterranean diet a lower environmental impact, positioning the Mediterranean Diet as one possible diet for the control of chronic diseases and climate change.

The aim of this Special Issue, “Mediterranean Diet: Health Benefits and Sustainability”, is thus to focus on the health and sustainability benefits of the Mediterranean diet. In this Special Issue, original research articles and reviews are welcome.

We look forward to receiving your contributions.

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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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