

## Special Issue

# Vegetarian Dietary Patterns in the Prevention of Metabolic Syndrome

### Message from the Guest Editors

Metabolic syndrome is a cluster of risk factors that often occur together. It frequently includes overweight or obesity, hypertension, and abnormalities in fat and sugar metabolism. This combination of risk factors increases the likelihood of developing cardiovascular diseases and type 2 diabetes. In industrialized countries, there is a growing epidemic of metabolic syndrome. The condition is associated with a less healthy lifestyle, with dietary habits playing a significant role. Healthy plant-based nutrition is considered a protective factor in both the prevention and treatment of metabolic syndrome. This Special Issue aims to collect scientific studies examining vegetarian dietary patterns in relation to metabolic syndrome.

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### Deadline for manuscript submissions

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*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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