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Bioactive Compounds and Metabolic Disease

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Message from the Guest Editors

Dear Colleagues,

Metabolic syndrome (MetS) is a complex disease including elevated blood lipids, hyperglycemia, insulin resistance, hypertension, and obesity. Food and nutrients play a dual role in MetS. Indeed, groups of food (junk foods, sugary snacks, and sugar-sweetened beverages) and the excessive intake of specific macronutrients (fatty acids and sugars) may contribute to the onset of MetS. On the other hand, several micronutrients (vitamins and polyphenols and their derivatives) may exert a neutralizing action, strongly limiting MetS progression and consequent multiorgan damage.

This Special Issue aims to discuss how food and nutrients may play a bad or a good role in the development, prevention, and treatment of MetS and its consequences. The comprehension of this duality is crucial for the management of these multifactorial diseases.

The Guest Editors welcome original contributions, epidemiological studies, narrative and systematic reviews, as well as meta-analyses that highlight both the pathogenetic and therapeutic role of foods and nutrients in MetS and co-morbidities.



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Special Issue



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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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