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The Role of Diet and Nutrition in Preventing Abdominal Obesity

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Message from the Guest Editors

According to WHO data, 41 million children under 5 years and over 340 million children and adolescents aged 5–19 are overweight or obese worldwide. Obesity burden is mainly due to westernized diet creating an “obesogenic environment” that promotes unhealthy habits. Adiposity excess induces a chronic, low-grade inflammation that leads to a spectrum of metabolic alterations known as the metabolic syndrome (MetS). MetS is not just a simple cluster of comorbidities but represents an important cardiovascular risk factor itself.

Given the limited efficacy of treatment, encouraging healthy eating and lifestyle is a crucial key in preventing obesity.

Since obesity is an emerging and serious public health concern, the aim of this Special Issue is to explore the role of nutrient intake, dietary pattern, and functional nutrients in preventing abdominal obesity, known to be an important cardiovascular risk.



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Special Issue



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