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## Effects of Mediterranean Diet on Chronic Degenerative Diseases and Human Healthy Lifestyle

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### Message from the Guest Editor

Dear Colleagues,

Growing evidence suggests that Mediterranean diet (MD) and physical activity (PA) are protective against a wide spectrum of metabolic and chronic diseases, including diabetes, obesity, metabolic syndrome, cardiovascular and neurodegenerative diseases as well as cancer. It has been largely documented that plant-based diets rich in vegetables, fruits, whole grains, nuts, and olive oil (these are characteristic of the MD pattern) have been shown to have beneficial effects in the prevention of chronic diseases. Therefore, the adoption of healthy lifestyles which include MD and PA represents a priority strategy to counteract the burden of these pathologies. However, to dissect the mechanisms by which specific compounds from MD and PA interventions can counteract the occurrence of chronic diseases and promote healthier life, further studies are needed.

This Special Issue of *Nutrients* welcomes research that investigates the impacts of multiple pathways specifically activated and stimulated by compounds from MD as well as by PA on human health. We also encourage authors to submit their original research papers or reviews related to the theme of this Special Issue.



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