



nutrients



an Open Access Journal by MDPI

Diet Habits and Lifestyle in Prevention and Treatment of Metabolic Syndrome and Metabolic-Associated Fatty Liver Disease

Guest Editors:

Dr. Francesco Angelico

Department of Public Health and Infectious Diseases, Sapienza University, Piazzale Aldo Moro, 00185 Rome, Italy

Dr. Francesco Baratta

Department of Clinical, Internal, Anaesthesiological and Cardiovascular Sciences, Sapienza University, Viale del Policlinico 155, 00161 Rome, Italy

Prof. Dr. Maria Del Ben

Department of Clinical, Internal, Anaesthesiological and Cardiovascular Sciences, Sapienza University, Viale del Policlinico 155, 00161 Rome, Italy

Deadline for manuscript submissions:
closed (31 January 2022)

Message from the Guest Editors

Metabolic syndrome (MetS) is a leading public health and clinical challenge worldwide. MetS is a clustering of medical conditions including abdominal obesity, high blood pressure, atherogenic dyslipidaemia and glucose intolerance/diabetes. PCOS, OSAS and NAFLD are further clinical components of MetS. MetS is associated to lifestyle and obesity, and insulin resistance is the main underlining metabolic alteration together with low-grade inflammation and increased oxidative stress.

Diets low in calories, saturated fat, refined carbohydrates, and salt have been proposed. Monounsaturated and polyunsaturated fats, fiber, antioxidants, small amount of alcohol and well-planned vegetarian diets have also been suggested. Mediterranean diet, with or without energy restriction, seems to be the best dietary pattern for the prevention and management of MetS.

In this Special Issue we aim to summarize the main evidence on the different dietary approaches for MetS and its many clinical components and comorbidities. Particular attention will be paid to dietary approaches for the new clinical entity named MAFLD.



mdpi.com/si/85350

Special Issue



nutrients



an Open Access Journal by MDPI

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación
Biomédica en Red Fisiopatología
de la Obesidad y la Nutrición
(CIBEROBN), Institute of Health
Carlos III, 28029 Madrid, Spain
2. Research Institute of
Biomedical and Health Sciences
(IUIBS), University of Las Palmas
de Gran Canaria, 35001 Las
Palmas, Spain
3. Preventive Medicine Service,
Centro Hospitalario Universitario
Insular Materno Infantil (CHUIMI),
Canarian Health Service, 35016
Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional
Sciences, University of
Connecticut, Storrs, CT 06269,
USA

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank: JCR - Q1 (*Nutrition & Dietetics*) / CiteScore - Q1 (*Nutrition and Dietetics*)

Contact Us

Nutrients Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/nutrients
nutrients@mdpi.com
[X@Nutrients_MDPI](https://twitter.com/Nutrients_MDPI)