



Metabolic and Vascular Effects of Mediterranean Diet 2.0

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Message from the Guest Editor

We would like to present recent advances in understanding the molecular basis of MedDiet effects, mainly focusing on cardiovascular diseases but also discussing other related diseases. We review MedDiet composition and assessment, as well as the latest advances in the genomic, epigenomic (DNA methylation, histone modifications, microRNAs, and other emerging regulators), transcriptomic (selected genes and whole transcriptome), metabolomic, and metagenomic aspects of the MedDiet effects (as a whole and for their most typical food components). We also present a review of the clinical effects of this dietary style underlying the biochemical and molecular effects of the Mediterranean Diet to better understand the most important molecular mechanisms whereby the MedDiet as a whole, or its main food components, may exercise their protective effects.





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Message from the Editor-in-Chief

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