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## Mediterranean Diet and Metabolic Syndrome

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### Message from the Guest Editors

Metabolic syndrome (MS) is a multifaceted health issue marked by visceral obesity, insulin resistance, dyslipidemia, and high blood pressure. Decades of research depict the MD as a rich source of compounds with antioxidant, anti-inflammatory, insulin-sensitizing, cardioprotective, neuroprotective, and anticancer properties. The MD, characterized by plant-based foods, including vegetables, legumes, fruits, and fish, with extra virgin olive oil as a primary lipid, offers anti-oxidant and anti-inflammatory effects.

This Special Issue, titled "Mediterranean Diet and Metabolic Syndrome", aims to compile original research, meta-analyses, and reviews further exploring the relationships between the MD and MS-related diseases. It aims to shed light on the effects of specific MD nutrients/bioactive compounds on MS and its associated pathologies; present current knowledge on the MD's potential in treating and preventing MS; and offer insights from both human and preclinical studies using cellular and animal models.



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# Special Issue



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