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Precision Nutrition and Metabolic Syndrome Management

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Message from the Guest Editors

Dear Colleagues,

Precision nutrition is an emerging concept encompassing an integrated action considering, not only the genetic/epigenetic make-up and ethnic aspects of individuals, but other personalized phenotypical features, such as family and individual clinical issues, previous diseases, and therapeutic treatments, perinatal nutrition, food likes/dislikes, allergies/intolerances, lifestyle attitudes and patterns, social and cultural circumstances or religious beliefs, etc.

Therefore, the current special issue attempts to provide specific nutritional strategies to prevent or treat complications associated to metabolic syndrome features concerning diabetes, vascular events, liver diseases, dyslipemia, and cancer with a precision nutrition scope.

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Guest Editors



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Special Issue



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