

Special Issue

Ketogenic Diet and Mediterranean Diet as Medical Nutrition Therapies

Message from the Guest Editors

Diet plays a pivotal role in the phato-physiological processes related to many chronic diseases, particularly those related to environmental factors (i.e., lifestyle). Therefore, tailored nutritional interventions should be considered as Medical Nutrition Therapy (MNT) for primary and secondary prevention, as well as the management of many clinical conditions. Ketogenic diets (KDs) and the Mediterranean diet (MD) were appointed as strategies for MNT, given the solid evidence supporting their use in several clinical settings, ranging from cardiometabolic diseases to dermatology/neurology. This Special Issue aims to collect the most novel insights on the role of KDs and the MD in disease prevention and/or management. Original research articles (mainly from clinical trials) or scientific literature reviews (including narrative/scoping reviews, systematic reviews, meta-analyses) are welcome. Contributions describing novel mechanisms of action/targets will be profoundly appreciated

Guest Editors

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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