



nutrients



Special Issue Reprint

Mediterranean Diet and Physical Activity as Healthy Lifestyles for Human Health

www.mdpi.com/books/reprint/6195

Edited by
Daniela Bonfiglio

ISBN 978-3-0365-5095-4 (Hardback)
ISBN 978-3-0365-5096-1 (PDF)



Over the last few decades, the Mediterranean Diet (MD), characterized by a high intake of vegetables, legumes, fruits, nuts, dairy products and non-refined cereals, a moderate intake of fish and poultry, and a low intake of red meat and sweets, has been recognized as a model for healthy eating. Indeed, adhering to the MD reduces the risk of metabolic and non-communicable diseases, including type 2 diabetes, metabolic syndrome, obesity cardiovascular disease and cancer. As an integral part of the traditional Mediterranean lifestyle, regular physical activity (PA) is also associated with a reduced risk of chronic degenerative diseases, even if results often vary according to different types, duration and intensity or volume of PA. The World Health Organization recommends performing moderate-intensity PA for ≥ 150 min/week, and vigorous-intensity PA for ≥ 2 days/week to have these health benefits. It is viable to hypothesize that promoting adherence to the MD along with PA guidelines might provide a more comprehensive endorsement to obtain greater health benefits, over and above those acquired separately by the MD and PA.

Thus, the ongoing promotion and monitoring of the MD pattern, including eating habits and PA, is crucially important at all life stages. Potential topics may include, but are not limited to, examining the impact of adherence to the MD and PA on health in different life stages as well as on metabolic risk factors and subsequent disease outcomes.



Order Your Print Copy
You can order print copies at
www.mdpi.com/books/reprint/6195

MDPI Books offers quality open access book publishing to promote the exchange of ideas and knowledge in a globalized world. MDPI Books encompasses all the benefits of open access – high availability and visibility, as well as wide and rapid dissemination. With MDPI Books, you can complement the digital version of your work with a high quality printed counterpart.



Open Access

Your scholarly work is accessible worldwide without any restrictions. All authors retain the copyright for their work distributed under the terms of the Creative Commons Attribution License.



Author Focus

Authors and editors profit from MDPI's over two decades of experience in open access publishing, our customized personal support throughout the entire publication process, and competitive processing charges as well as unique contributor discounts on book purchases.



High Quality & Rapid Publication

MDPI ensures a thorough review for all published items and provides a fast publication procedure. State-of-the-art research and time-sensitive topics are released with a minimum amount of delay.



High Visibility

Due to our global network and well-known channel partners, we ensure maximum visibility and broad dissemination. Title information of books is sent to international indexing databases and archives, such as the Directory of Open Access Books (DOAB), and the Verzeichnis Lieferbarer Bücher (VLB).



Print on Demand and Multiple Formats

MDPI Books are available for purchase and to read online at any time. Our print-on-demand service offers a sustainable, cost-effective and fast way to publish MDPI Books printed versions.