

## Special Issue on **Factors Influencing Mediterranean Diet Adherence**

# CALL FOR PAPERS

Mediterranean Diet is not only characterized by the consumption of particular types of foods, but also involves certain lifestyle and cultural aspects. Despite the known health benefits of the Mediterranean Diet, a range of Mediterranean countries are facing problems of food security, which may result in malnutrition and overweight/obesity. This is thought to be partly due to shifts from traditional to western dietary patterns. Supporting this idea is the fact that obesity and metabolic related diseases, for which Mediterranean Diet consumption was shown to be preventative, are at particularly high rates in countries where Mediterranean food products are supposed to be consumed.

In addition to its apparent health benefits, Mediterranean Diet is linked to sustainability, not only because it is based on the consumption of high amounts of vegetables, but also because it is associated with the consumption of products respecting their seasonality and extensive production. With the planet facing climatic and demographic changes, it is important to encourage people to adhere to such a food system.

All these aspects reinforce the need for a deep understanding concerning adherence of populations to the Mediterranean Diet, as well as understanding the factors that influence such adherence. The Mediterranean Diet is more than a "diet"—it represents a global model of a healthy lifestyle, which in many cases is either not adopted or only in an ineffective or incomplete way.

Even with the known studies that emerged in the past years, that relate the beneficial properties of Mediterranean food products to metabolism and general health, we need to highlight the barriers preventing implementation of these healthy measures even in the Mediterranean population.

We invite authors to submit original research or review articles in the field of Mediterranean Diet eating patterns.

Potential topics include but are not limited to the following:

- ▶ Characterization of meal and/or lifestyle patterns in individuals from different regions (e.g., comparisons between Mediterranean and non-Mediterranean regions)
- ▶ Determinants of food choices, focused on Mediterranean food products (psychological, socioeconomic and/or marketing related factors influencing food choices in Mediterranean countries)
- ▶ How sensorial aspects influence Mediterranean Diet adherence
- ▶ Comparisons between Mediterranean Diet and other dietary patterns in metabolic and general health parameters
- ▶ Molecular and/or cellular effects of consumption of products from Mediterranean Diet
- ▶ Effects of food products characteristics of Mediterranean Diet in nutritional and/or metabolic parameters

Authors can submit their manuscripts through the Manuscript Tracking System at <https://mts.hindawi.com/submit/journals/jnme/fimda/>.

Papers are published upon acceptance, regardless of the Special Issue publication date.

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