

THE USE OF MEDITERRANEAN DIET IN THE PREVENTION AND MANAGEMENT OF METABOLIC SYNDROME

Summary

The metabolic syndrome is a complex health condition characterized by dyslipidemia, high blood pressure, impaired glucose tolerance and abdominal fat accumulation. Left uncontrolled, the metabolic syndrome predisposes to the development of type 2 diabetes mellitus and cardiovascular disease. A comprehensive approach is required for patients suffering this cluster of clinical manifestations. Indeed,

subjects with the metabolic syndrome could benefit from life-style modifications, particularly through exercise and diet. In this article, the evidence regarding the role of diet, in particular the role of food patterns based on the Mediterranean-style diet, in preventing and treating the metabolic syndrome are reviewed.