

Tentative Outline

Special Thematic Issue for the journal: “Endocrine, Metabolic and Immune Disorders – Drug Targets” (EMIDDT)

Title of the Thematic Issue: “Mediterranean and Japanese Diets as promoters of wellbeing and longevity: Commonalities and Differences”

Guest Editor: Dr. Emilio Jirillo

Co-Guest Editors: Dr. Luigi Santacroce, Dr. Skender Topi, Dr. Kazuki Santa, Dr. Isao Nagaoka, Dr. Yoshio Kumazawa

- **Scope of the Thematic Issue:**

BACKGROUND STUDIES: Mediterranean and Japanese diets have been associated to health and longevity in view of food components, which can prevent chronic disease and ageing.

SCOPES of the THEMATIC ISSUE: Despite many studies, a real comparison between the two diets has never been performed.

MAJOR ISSUES:

- Diet and metabolic and immune effects
- Microbiota effects
- Description of bioactive principles of foods
- Diet and Lifestyle (conviviality, social connection)
- Sleep and movement patterns

Keywords: comparison of diets, Mediterranean diets, Japanese diets, Diet and Lifestyle, diet and health effects, chronic disease prevention, ageing prevention, health and longevity.

Tentative titles of the articles:

- How Different Are the Influences of Mediterranean and Japanese Diet in Gut Microbiome?
- The Evolution from Med Diet to Med Lifestyle
- Potential Adaptation of the Mediterranean Diet to Non-Mediterranean Populations
- Mediterranean and Japanese Diet as One of The Factors to Be Considered to Health and Longevity: A Narrative Review
- Adherence to Mediterranean Diet among Individuals with Autism Spectrum Disorders
- Local Mediterranean Diet and Health Effects
- Japanese Diet and Mucosal Immunity Response
- Effects of Mediterranean and Asian Diets on the Microbiota
- Healthy Benefits of Mediterranean-Styled Japanese Diets
- Blue Zones and Health Effects
- The difference between Mediterranean and Japanese Diet. Cooking, Health Policy, and the quality of fatty acids

Schedule:

- ✧ Thematic issue submission deadline: **August 2023**

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