Special Issue

Beneficial Effects of Phenolic Compounds on Gut Microbiota and Metabolic Syndrome

Message from the Guest Editors

The gut microbiota is an important contributor to human health and has been implicated in the development of obesity and obesity-related diseases such as MetS. Dietary intervention has been proven to be a good strategy for improving chronic metabolic diseases, and polyphenols such as curcumin, anthocyanins, proanthocyanidin, and tea polyphenols have been found to prevent both obesity and improve MetS in humans and animal models. It has been proven that polyphenols exhibit their anti-obesity abilities partially by inhibiting the digestion and absorption of fat and glucose, by inhibiting adipogenesis, by altering microbiome populations, and so on. However, there are still many questions that need to be cleared. For example, what are the effects of microorganisms that colonize the human gut on the digestion and absorption of dietary polyphenols (PPs)? How do dietary polyphenols regulate gut microbiota? Additionally, work needs to be done on the mining and research of new dietary polyphenol resources. This Special Issue is therefore open to all contributions aimed at investigating the beneficial effects of phenolic compounds on gut microbiota and metabolic syndrome.

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Deadline for manuscript submissions

closed (10 March 2022)

Foods

an Open Access Journal by MDPI

Impact Factor 5.1
CiteScore 8.7
Indexed in PubMed

mdpi.com/si/96008

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Message from the Editor-in-Chief

Foods (ISSN 2304-8158) is an open access and peer reviewed scientific journal that publishes original articles, critical reviews, case reports, and short communications on food science. Articles are released monthly online, with unlimited free access. Currently, Foods has been indexed by the Science Citation Index Expanded (SCIE - Web of Science), PubMed, and Scopus. Our aim is to encourage scientists, researchers, and other food professionals to publish their experimental and theoretical results as much detail as possible. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global food science community.

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