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Polyphenol-Rich Foods for Human Health

Guest Editor:

Prof. Dr. Patrizia Restani

Department of Pharmacological
and Biomolecular Sciences,
Università degli Studi di Milano,
20133 Milano, Italy

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Message from the Guest Editor

Polyphenols are a class of molecules widely represented in nature; they are abundant in all foods of vegetable origin, such as fruit, vegetables, and botanicals.

Polyphenols have received a growing interest due to their possible health properties, which include antioxidant activity and the ability to modulate some risk factors for chronic-degenerative diseases.

There are many studies concerning the association between these molecules and human health; performing a literature search in PubMed with the terms “polyphenol and human health”, approximately 4200 papers are extracted.

This special number is not an extended review on this topic (already present in the scientific literature) but aims to focus the attention on some critical aspects, such as bioavailability, or describe new research data that broaden the knowledge in the area.

The authors are all engaged in research projects related to the role of diet on human health, to which polyphenols contribute significantly in association with a balanced intake of nutrients.



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Special Issue



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Prof. Dr. Maria Luz Fernandez

Department of Nutritional
Sciences, University of
Connecticut, Storrs, CT 06269,
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Message from the Editorial Board

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Nutrients Editorial Office
MDPI, St. Alban-Anlage 66
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