

## Special Issue

# The Effect of Bioactive Compounds in Anti-inflammation

### Message from the Guest Editor

Bioactive food ingredients are understood as compounds that can enhance, weaken, or modify the body's physiological and metabolic functions. The effects of such ingredients may be beneficial or unfavorable.

Chronic inflammation is a symptom accompanying many non-communicable diseases. It seems reasonable to create and use an anti-inflammatory dietary pattern in the prevention and treatment of these diseases. It is a known fact that food can influence the body's inflammation through immunomodulation. However, it is the overall diet that has the greatest impact on the functioning of the body. An anti-inflammatory diet therefore includes both many food components and food products with anti-inflammatory potential and eliminates or recommends limiting the consumption of pro-inflammatory foods. It is considered particularly important when planning a diet to take into account the large supply of raw materials and plant products. The combination of these strategies allows for a cumulative positive effect of the diet on reducing inflammation in the body and thus reducing the risk of the occurrence or severity of lifestyle diseases.

### Guest Editor

Prof. Dr. Ewa Piątkowska

Department of Human Nutrition and Dietetics, Faculty of Food Technology, University of Agriculture in Krakow, al. Mickiewicza 21, 31-120 Krakow, Poland

### Deadline for manuscript submissions

closed (15 December 2024)



## Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/187565](https://mdpi.com/si/187565)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)





# Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)



## About the Journal

### Message from the Editorial Board

*Nutrients* is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

---

### Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

#### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)