

Special Issue

Dietary Intake of Phytochemicals, Gut Microbiota and Appetite Control

Message from the Guest Editors

The multi-functional potential of natural products, particularly plant phytochemicals, includes optimising physiological functions, modulating immune responses and the gut microbiota, influencing epigenome activity, enhancing stress adaptation, and impacting body system pathophysiology. Functional foods and supplements have been found to reduce the risk of chronic diseases, such as coronary heart disease, stroke, type 2 diabetes, obesity, neurodegenerative disorders, and some cancers. The biological actions of diet and its active natural components have been mainly attributed to their multiple actions affecting various cellular and hormonal pathways.

This Special Issue will collate recent high-quality research in the field of appetite regulation, the gut microbiota, and the probiotic actions of phytochemicals, focusing on the investigation of gut-related mechanisms in relation to functional foods, including gut hormones, gastrointestinal motility, gut–brain communication, and the roles of diet and the microbiome. Both original research articles and reviews (clinical and preclinical) as well as animal research work are welcome.

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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.

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