

Special Issue

Plant-Based Diets Regulate Antioxidant-Inflammatory Balance

Message from the Guest Editors

The aim of this SI is to deepen understanding of the effect of plant-based diets on antioxidant and inflammatory activities in humans. It will focus on the link between unbalanced antioxidative and anti-inflammatory levels in body tissues and the role of nutraceuticals and nutritional component supplementation on the health status of individuals.

Original papers, comments, and reviews discussing the following are welcome for submission: the composition of plant-based diets in the prevention of all types of disorders and diseases in which antioxidant and inflammatory imbalances play a role; holistic approaches (using plant-based diets) to the prevention of all types of disorders/diseases caused by antioxidant–inflammatory imbalance (highlighting genetic predispositions, gene expression regulation, the physiological role in the body, interaction with microbiota/microbiome, the role of contaminating compounds, the role of food-borne toxins, metabolic syndrome, incorrect nutritional habits, etc.); and reliable laboratory and clinical models to study risk factors concerning antioxidant and anti-inflammatory measurements in humans.

Guest Editors

Prof. Dr. Dominik Sz wajgier

Department of Biotechnology, Microbiology and Human Nutrition,
University of Life Sciences in Lublin, Skromna 8, 20-704 Lublin, Poland

Prof. Dr. Ewa Baranowska-Wójcik

Department of Biotechnology, Microbiology and Human Nutrition,
University of Life Sciences in Lublin, Skromna 8, 20-704 Lublin, Poland

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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 (IUIBS), 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

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