

## Special Issue

# The Role of Berry Phytochemicals in Treating Obesity, Inflammation and Associated Comorbidities

### Message from the Guest Editors

Berries belong to the best dietary sources of bioactive substances, which exert multiple effects on promoting human health and preventing diseases. Findings from in vivo and in vitro studies indicate that polyphenols from berry fruits can reduce obesity-induced metabolic disorders, oxidative stress, and inflammation, and the consumption of foods rich in anthocyanins is associated with reduced risk for chronic, non-communicable diseases. Berries are beneficial for health; however, their underlying mechanisms of action in protecting against chronic diseases are likely complex and require further elucidation. This Special Issue's scope is to indicate the potential beneficial effects of berry consumption on health, well-being, and longevity. We welcome original research articles and comprehensive reviews that discuss the most recent findings regarding the health benefits of berries in the prevention and treatment of obesity, diabetes, cardiovascular complications, and other diseases mediated by inflammatory and oxidative processes.

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### Deadline for manuscript submissions

closed (15 April 2026)



## Nutrients

an Open Access Journal  
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Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/235426](https://mdpi.com/si/235426)

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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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