

Special Issue

Effects of Phytochemicals on Metabolic Disorders and Human Health

Message from the Guest Editors

Phytochemicals have received rising attention for their health-promoting properties in many chronic diseases, including metabolic disorders and their associated complications. These health benefits have been related to different biological activities, such as their well-known antioxidant property, but also their anti-diabetic, anti-obesity, and anti-inflammatory actions, among others. In this regard, it is becoming apparent that phytochemicals can modulate different signalling pathways, which are responsible for these final actions and, therefore, their benefits on health. Phytochemicals are commonly found in the diet. Indeed, because of this wide distribution and their potential effects on health, its consumption could represent a promising protective and therapeutic approach to prevent metabolic diseases and improve health and, therefore, constitutes significant research field.

This Special Issue aims to highlight the most recent advances in phytochemicals, phytochemical-rich foods, their extracts, and health-promoting benefits in the context of metabolic disease. This Special Issue of *Nutrients* welcomes the submission of original research articles and reviews.

Guest Editors

Dr. María Angeles Martín

1. Institute of Food Science, Technology and Nutrition (ICTAN-CSIC), 28040 Madrid, Spain
2. CIBER of Diabetes and Associated Metabolic Disease (CIBERDEM), ISCIII, 28029 Madrid, Spain

Dr. Sonia Ramos Rivero

1. Institute of Food Science, Technology and Nutrition (ICTAN-CSIC), 28040 Madrid, Spain
2. CIBER of Diabetes and Associated Metabolic Disease (CIBERDEM), ISCIII, 28029 Madrid, Spain

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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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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 (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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