

Special Issue

Role of Mediterranean Herbs and Spices in Human Health

Message from the Guest Editors

Herbs, spices, and plants are frequently used by people in the Mediterranean basin. Recently, there is great interest in the dietary use of Mediterranean herbs and spices for the sensory property improvement in foods and for their beneficial effect on human health.

Mediterranean herbs and spices contain a high quantity of bioactive compounds, such as anthocyanins, flavonoids, phenylpropanoids, and terpenes, and may exert antioxidant, anti-inflammatory, anti-carcinogenic, or anti-diabetic activities. Moreover, the addition of herbs and spices to food products is suggested as a strategy for the improvement of flavor perception in patients with gustatory and olfactory dysfunctions. The aim of this Specific Issue is to extend the current knowledge on the health benefits of traditional culinary and medicinal Mediterranean herbs and spices. For this purpose, we invite colleagues to share their recent research on this topic. Original research articles, review articles, and short communications are invited.

Guest Editors

Dr. Carla Masala

Department of Biomedical Sciences, Section of Physiology, University of Cagliari, 09100 Cagliari, Italy

Dr. Antonella Rosa

Department of Biomedical Sciences, University of Cagliari, 09124 Cagliari, Italy

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Nutrients
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

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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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