

Special Issue

Polyphenol-Rich Foods on Human Health and Diseases

Message from the Guest Editor

Unlocking the potential: Polyphenols, abundant in various plant-based foods like vegetables and fruits, possess remarkable antioxidant and anti-inflammatory properties. Beyond this, they exhibit a spectrum of physiological effects known to combat lifestyle-related diseases. Yet, there is a veil shrouding the full scope of polyphenols' physiological impacts. Exploring the intricate workings and mechanisms underlying polyphenols' effects further will be a gateway to advancing health and wellness. This Special Issue aims to delve deeper into the dynamic interplay between polyphenol-rich diets and human health, inviting studies utilizing in vitro and/or in vivo models alongside human clinical trials to shed light on this vital connection.

Guest Editor

Dr. Akiko Kojima-Yuasa

Department of Nutrition, Graduate School of Human Life and Ecology,
Osaka Metropolitan University, Osaka 558-8585, Japan

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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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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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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 (UIBS), 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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