

## Special Issue

# Nutritional Value and Health Benefits of Dietary Bioactive Compounds

### Message from the Guest Editors

Many changes in the dietary habits of the population, characterized by high intake of energy, red meat, sugars, salt, and fats and the low consumption of whole-grain cereals, fruit and vegetables, legumes, and nuts, make current food consumption patterns unsustainable from a health point of view. Along with this negative trend, it is possible to observe an increasing demand for food-based products that are capable of preventing or alleviating different diseases. Health benefits beyond the basic nutritional value are related to their composition in bioactive compounds. For this reason, the search for bioactive compounds from natural sources and the evaluation of their bioactivity is being increasingly undertaken with the purpose of helping consumers maintain or improve their quality of life.

This research topic aims to increase the knowledge of bioactive compound composition in different foods, including plants or plant-based by-products that have a potential beneficial impact on health.

We welcome reviews (systematic and narrative) and mini-reviews, original research papers (in vitro and in vivo), perspective papers, hypothesis and theory papers, methods papers, and case reports.

---

### Guest Editors

Dr. Celia Rodriguez Perez

Department of Nutrition and Food Science, University of Granada, Granada, Spain

Dr. Vito Verardo

1. Department of Nutrition and Food Science, University of Granada, Campus of Cartuja, 18011 Granada, Spain

2. Department of Analytical Chemistry, University of Granada, Avda Fuentenueva, 18071 Granada, Spain

---

### Deadline for manuscript submissions

closed (15 April 2025)



## Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/180637](https://mdpi.com/si/180637)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)





# Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)



## 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

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

#### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)