

Special Issue

Holistic Health Through Plant-Based Diets: Metabolic Health and Physical Performance

Message from the Guest Editor

This Special Issue aims to provide a focused platform for contributions examining the health effects of vegetarian and plant-based dietary patterns, with particular emphasis on phytochemicals as integral components of these diets. A key objective of this Special Issue is to collect and present current evidence on how plant-based diets and rich in phytochemicals interact with the physiological processes relevant to disease prevention and performance across the lifespan. Topics of interest include, but are not limited to, cardiometabolic health, inflammation, oxidative stress, gut microbiota modulation, immune function, and metabolic regulation. Importantly, we encourage submissions that examine the combined and potentially synergistic effects of plant-based diets and physical activity, including their role in supporting metabolic health, body composition, physical performance, recovery, and healthy aging. No less important are submissions addressing interindividual variability, lifestyle context, and nutrient adequacy for physically active individuals and athletes.

Guest Editor

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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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