

Special Issue

Protein Metabolism and Its Implications for Health Benefits

Message from the Guest Editors

A Special Issue focused on “Protein Metabolism and Its Implications for Health Benefits” is proposed due to the tremendous importance of proteins in dietary health and disease prevention. Regulatory bodies like the EFSA, FSAI, FSANZ, and FDA have long provided guidelines on protein intake, underscoring its necessity in preventing musculoskeletal diseases such as muscle wasting and sarcopenia. This Special Issue aims to explore protein quality, compare plant- versus animal-based proteins, and examine novel sources. Understanding how anti-nutrients and macro/micro-molecules affect protein digestibility and bioavailability is also crucial, as these factors can impede metabolic efficiency. Additionally, the pivotal role of digestive enzymes in protein metabolism will be examined. Moreover, this Special Issue will delve into mineral-binding peptides and their impact on metabolic health. Special emphasis will be placed on the health-promoting functions of specific proteins. By gathering leading experts in these fields, this Special Issue aims to offer comprehensive insights into the role of protein metabolism in public health and dietary guidelines.

Guest Editors

Dr. Azza Silotry Naik

Food Science and Environmental Health, Technological University
Dublin, D07 ADY7 Dublin, Ireland

Dr. Maria Hayes

Food BioSciences Department, Teagasc Food Research Centre,
Ashtown, D15 KN3K Dublin, Ireland

Deadline for manuscript submissions

closed (20 May 2025)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/223040

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
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 (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

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)