

Special Issue

Increasing Dietary Fibre for Improving Human Health

Message from the Guest Editor

Functional foods are defined by their actions to prevent or reverse human disease states. Small molecules present in foods, such as anthocyanins and polyphenols, have been widely discussed for their potential to improve health. Plants are also the major source of dietary fibre. However, the dietary intake in Europe and the USA is estimated at around 30% lower than the recommendations, possibly due to an increased intake of highly processed foods. This Special Issue will examine whether dietary fibre fits the definition of a functional food, whether an increased intake is feasible and cost-effective, and whether an increased intake could decrease chronic health disorders with minimal adverse effects. Furthermore, this Issue will examine whether an increased fibre intake is necessary to promote healthy ageing.

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Deadline for manuscript submissions

closed (25 December 2024)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/206581

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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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