

Special Issue

Plant-Based Diets, Nutraceuticals and Bioactive Foods: An Innovative and Sustainable Approach for the Prevention and Treatment of Menopausal Metabolic Syndrome

Message from the Guest Editor

The goal of this Special Issue of *Nutrients*, entitled “Plant-based Diets, Nutraceuticals and Bioactive Foods: An Innovative and Sustainable Approach for the Prevention and Treatment of Menopausal Metabolic Syndrome”, is to highlight novel research findings on plant-based diets as source of bioactive foods and nutraceuticals that could represent an innovative and sustainable approach for the prevention and treatment of menopausal MetS. We welcome the submission of original research articles, reviews, and mini-reviews focusing on, but not limited, to the following topics: animal and clinical studies of plant-based diets and their micronutrients, as well as their influence on relevant health outcomes; synergistic or antagonistic action between different bioactive foods or nutraceuticals present in plant-based diets on neuroendocrine-immune system modulation and gut microbiota dysbiosis; and plant-based diets and their minor components as an example of “sustainable innovation”.

Guest Editor

Prof. Dr. Herbert Ryan Marini

Department of Clinical and Experimental Medicine, University of Messina, 98125 Messina, Italy

Deadline for manuscript submissions

closed (25 August 2023)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/160213

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)