

Special Issue

Fish Intake and Human Health: Evaluating the Nutrients and Benefits

Message from the Guest Editors

Fish (finfish or shellfish) are essential to a healthy diet. Fish are the primary sources of healthy long-chain omega-3 fats and are rich in other nutrients such as vitamin D and selenium, high in protein, and low in saturated fat. There is strong evidence that eating fish or taking fish oil has a positive impact on the heart and blood vessels.

This Special Issue of *Nutrients* seeks to include manuscripts that provide new insights into the recent advances in the discovery and development of the beneficial compounds (proteins, lipids, peptides, etc.) derived from fish. In addition, their biological effects on cell or animal models will be addressed. Systematic surveys and meta-analyses of fish intake and human health will also be included.

We encourage scientists working in this field of research to submit original research articles or critical reviews that synthesize the current research literature and discuss emerging directions. Thus, these studies will promote the sustainable development of fish aquaculture and the processing industry.

Guest Editors

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Deadline for manuscript submissions

closed (20 December 2023)



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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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