

Special Issue

The Relationship Between Nuts and Chronic Diseases

Message from the Guest Editor

Few foods have experienced the extent of exoneration as tree nuts. Thirty years ago, nutrition experts and the public considered them only snacks. Today, nuts are considered superfoods. Studies conducted in animals and humans have shown that the frequent consumption of nuts is associated with a decreased risk of many chronic diseases, such as coronary artery disease, hypertension, gallstones, diabetes, cancer, metabolic syndrome, visceral obesity, and depression. Nuts are also capable of altering cognitive performance and possibly preventing or reversing aging effects in humans. In this Special Issue, we welcome original research and reviews regarding the impact of nut consumption on developing, treating, preventing, and reversing chronic diseases. The Special Issue focuses on descriptive food studies, dietary and lifestyle strategies, nutritional patterns, intensive, personalized treatments, and dietetic prevention programs.

Guest Editor

Dr. Peter Pribis

Nutrition & Dietetics Program, Department of Individual, Family & Community Education, College of Education, University of New Mexico, 157 Hokona Zuni MSC05, 3042, Albuquerque, NM 87131-001, USA

Deadline for manuscript submissions

closed (5 June 2025)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/206500

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)