

Special Issue

The Role of Dietary Antioxidants in Obesity

Message from the Guest Editor

Obesity is the epidemic of the 21st century; it has become a global public health crisis. Obesity may induce systemic oxidative stress, and increased oxidative stress in accumulated fat is, at least in part, the essential cause of the dysregulation of adipocytokines and the development of metabolic syndrome. Several mechanisms are involved in generating oxidative stress in obesity, but essentially it is caused by an imbalance between the production of free radicals and the body's antioxidant responsible for the detoxification of these radicals. Moreover, oxidative stress and pro-inflammatory processes, which seem to represent a link between obesity and other comorbidities, are strongly related. Then, oxidative stress in accumulated fat should be an important target for the development of new treatments. In this regard, dietary antioxidants could play a relevant role in reversing oxidative stress associated with obesity contributing to improving the health of obese people. Moreover, healthy eating habits could prevent or delay metabolic syndrome by adding antioxidant-rich foods into one's diet.

Guest Editor

Prof. Dr. Susana Sánchez-Fidalgo

1. Department of Preventive Medicine and Public Health, University of Seville, Av. Sanchez Pizjuan s/n, 41009 Seville, Spain
2. ChronicPharma: Study Group for the Optimization of Pharmacotherapy in Chronic Patients—CTS-1077, Public Health System of Andalusia, Andalusian Public Foundation for the Management of Health Research of Seville (FISEVI), Seville, Spain

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Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

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 (IUIBS), 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

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