

Special Issue

Bioactive Compounds from Food: Nanotechnology Approaches for Improving Human Health

Message from the Guest Editors

Food bioactive compounds include a broad class of phytochemicals that are present in vegetables, fruits, and cereal grains and capable of modulating metabolic processes and promoting human health. These compounds have been widely associated with their ability to reduce the risk of diseases. However, their low solubility and bioavailability may decrease their preventive/therapeutic potential. To overcome these challenges, several nano-delivery systems for bioactive compounds have been proposed in recent years.

Nanoencapsulated bioactive compounds promote faster absorption and improve their ability to penetrate the mucus layer or directly absorb cells. In this context, investigating novel nanotechnology approaches based on the nanoencapsulation of bioactive molecules that promote human health has greatly interested the scientific community. Thus, this Special Issue of *Nutrients* welcomes high-quality original studies and review articles that examine nanotechnology's impact on improving the effectiveness of delivering food bioactive compounds to improve human health.

Guest Editors

Prof. Dr. Carlos Adam Conte Júnior

Center for Food Analysis (NAL-LADETEC), Department of Biochemistry, Chemistry Institute, Federal University of Rio de Janeiro, Av. Horácio Macedo, Polo de Química, bloco C, 1281-Cidade Universitária, Rio de Janeiro 21941-598, RJ, Brazil

Dr. Italo Rennan Sousa Vieira

1. Center for Food Analysis (NAL), Technological Development Support Laboratory (LADETEC), Federal University of Rio de Janeiro (UFRJ), Cidade Universitária, Rio de Janeiro 21941-901, RJ, Brazil
2. Laboratory of Advanced Analysis in Biochemistry and Molecular Biology (LAABBM), Department of Biochemistry, Federal University of Rio de Janeiro (UFRJ), Cidade Universitária, Rio de Janeiro 21941-909, RJ, Brazil

Deadline for manuscript submissions

closed (25 September 2023)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/161334

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 (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

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)