

## Special Issue

# Bioactive Microconstituents from Foods, Metabolic Health and the Underlying Molecular Mechanisms

### Message from the Guest Editors

Bioactive microconstituents from foods may offer a variety of benefits for human health. Although much research has been conducted on the effect of bioactive compounds on metabolic health, there is still a lot of research needed on the mechanisms that underly these activities.

This SI welcomes submissions including, but not limited to, the following:

Chemical and dietary characterization of bioactive microconstituents from foods with beneficial actions on metabolic health;

In vitro and animal studies on the elucidation of the molecular mechanisms under which bioactive microconstituents exert their benefits on metabolism;

Human studies, such as bioavailability, postprandial, dietary interventions with the use of these constituents on metabolic health;

Studies on their effects on metagenomic, metabolomic or epigenetic markers associated with metabolic health.

Original research articles, review papers and meta-analyses are welcome and we strongly encourage innovative research methods and approaches that address the sustainability aspects of bioactive microconstituents.

### Guest Editors

Dr. Charalampia Amerikanou

Dr. Andriana Kaliora

Dr. Chara Tzavara

### Deadline for manuscript submissions

15 October 2025



## Nutrients

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*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

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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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### 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

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