

## Special Issue

# Association between Diet and Oxidative Stress

### Message from the Guest Editors

Oxidative stress is caused by an imbalance between the amount of reactive oxygen species present and the body's antioxidant capacity. Strenuous endurance and resistance exercises increase the production of reactive oxygen compounds, resulting in oxidative stress, which has been associated with chronic diseases (diabetes, eye diseases, heart disease, cancer, kidney diseases, respiratory diseases, etc.). Free radicals cause alterations in lipids, proteins, fatty acids, and nucleic acids, leading to cell death by apoptosis. Diet plays a crucial role in this oxidant/antioxidant balance. Indeed, dietary nutrients can influence individuals' total antioxidant capacity, modulating the degree of oxidative stress and affecting the incidence of diseases related to oxidation. This Special Issue aims to collect recent information on how nutritional habits, diet interventions, and specific nutrients can reduce the harmful effect of oxidative stress.

### Guest Editors

Prof. Dr. Antoni Pons

1. Research Group in Community Nutrition and Oxidative Stress, University of the Balearic Islands-IUNICS, 07122 Palma, Spain
2. Health Research Institute of Balearic Islands (IdISBa), 07120 Palma, Spain
3. CIBER Fisiopatología de la Obesidad y Nutrición (CIBEROBN), Instituto de Salud Carlos III (ISCIII), 28029 Madrid, Spain

Prof. Dr. Enrique Roche

Área de Nutrición y Bromatología, Instituto de Bioingeniería, Universidad Miguel Hernández, Elche, Spain

### Deadline for manuscript submissions

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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.

### 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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