

## Special Issue

# Diet and Disease Prevention: Dietary Compounds, MicroRNAs or Extracellular Vesicles

### Message from the Guest Editors

We are organizing a Special Issue to compile evidences on how certain dietary patterns and some nutritional factors, including dietary compounds (i.e. polyphenols, dietary miRNAs), can alter different outcomes, modulates the secretion of specific extracellular vesicles, and regulate both tissue and circulating microRNAs (miRNAs) expression pattern. MiRNAs are post-transcriptional regulators of gene expression and play a pivotal role in health and disease. Extracellular vesicles are stable nanovesicles released by cells and present in all biological fluids that carry miRNAs, lipids and proteins. This cargo is able to modulate the physiology of recipient cells which can be adjacent to the releasing cells or cells at a distance. In this context, new studies are needed with the potential to produce significant improvements in knowledge of the relationship between the nutritional status and gene expression modulation. This Special Issue invites authors to submit original research articles, systematic reviews, narrative or scoping reviews that enhance the body of knowledge in this field.

### Guest Editors

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### Deadline for manuscript submissions

closed (15 August 2023)



## Nutrients

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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

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