

# Special Issue

## Bioactive Peptides from Food Sources: Multi-System Health Benefits and Molecular Mechanisms

### Message from the Guest Editors

Food-derived bioactive peptides, originating from plant, animal, and microbial sources, have emerged as promising functional ingredients with significant health-promoting potential beyond their basic nutritional value.

We invite the submission of original research and review articles that investigate the biological activities of dietary peptides across various health domains. Of particular interest are studies elucidating their effects on skeletal muscle protein synthesis and attenuation of atrophy (sarcopenia); the modulation of gut microbiota, barrier integrity, and overall intestinal health; and their impact on immune regulation, anti-inflammatory responses, and oxidative stress. Furthermore, we welcome contributions examining the intriguing gut-brain axis-mediated effects of these peptides on mood and cognitive function, as well as their therapeutic potential in managing heat stress and enhancing skin wound healing processes. This Special Issue seeks to advance our understanding of the mechanisms of action and the translational application of food-derived bioactive peptides in promoting systemic health and preventing chronic diseases.

---

### Guest Editors

Prof. Dr. He Li  
Dr. Jianyin Miao  
Prof. Dr. Dai Cheng

---

### Deadline for manuscript submissions

20 June 2026



# Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0

CiteScore 9.1

Indexed in PubMed



[mdpi.com/si/263442](https://www.mdpi.com/si/263442)

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

[mdpi.com/journal/  
nutrients](https://www.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](http://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. Lluis 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)