

Special Issue

Polyphenol-Rich Foods for Human Health

Message from the Guest Editor

Polyphenols are a class of molecules widely represented in nature; they are abundant in all foods of vegetable origin, such as fruit, vegetables, and botanicals. Polyphenols have received a growing interest due to their possible health properties, which include antioxidant activity and the ability to modulate some risk factors for chronic-degenerative diseases. There are many studies concerning the association between these molecules and human health; performing a literature search in PubMed with the terms “polyphenol and human health”, approximately 4200 papers are extracted. This special number is not an extended review on this topic (already present in the scientific literature) but aims to focus the attention on some critical aspects, such as bioavailability, or describe new research data that broaden the knowledge in the area. The authors are all engaged in research projects related to the role of diet on human health, to which polyphenols contribute significantly in association with a balanced intake of nutrients.

Guest Editor

Prof. Dr. Patrizia Restani

Department of Pharmacological and Biomolecular Sciences, Università degli Studi di Milano, 20133 Milano, Italy

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Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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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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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