

Special Issue

Polyphenol-Rich Foods for Human Health and Disease

Message from the Guest Editors

The effects of plant-derived polyphenols have long been investigated using a variety of pre-clinical models that have attributed a range of, generally beneficial, biological effects to these compounds. These compounds have the potential to contribute to the maintenance of health status as well as to prevent, delay, and reduce a number of chronic diseases in humans. Despite the increasing number of published clinical studies looking at the effects of these bioactive compounds, there are still many questions to resolve. It is essential that we demonstrate the effects of the intake of these compounds on specific human subpopulations and the factors influencing these effects, that we confirm the regulation of specific disease-related biomarkers by these compounds and their derived metabolites, and that we begin to establish the link between these effects and the mechanisms of action occurring in the human body in response to the intake of polyphenols. Dr. Maria-Teresa García-Conesa

Guest Editors

Dr. María-Teresa García Conesa

Quality, Safety and Bioactivity of Plant Foods, Food Science and Technology Department, CEBAS-CSIC, P.O. Box 360, Campus de Espinardo, Espinardo, 30100 MURCIA, Spain

Dr. Mar Larrosa

Food, Microbiota and Health Group, Department of Pharmacy and Biotechnology, Faculty of Biosciences, Universidad Europea de Madrid, c/Tajo s/n Villaviciosa de Odón, 28670 Madrid, Spain

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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.

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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