# **Special Issue**

# Exercise, Diet, and Mitochondria

## Message from the Guest Editor

Mitochondria are considered prokaryotes that are symbiotic to eukaryotic cells. They age quickly, within weeks. Unhealthy and aged mitochondria cause cellular dysfunction, inducing immune attack and elevating inflammation in tissues. Exercise is a natural challenge that eliminates weak mitochondria through mitophagy and inducing mitochondrial biogenesis. The influence of diet on this process is a key topic in human health. Our aim for this Special Issue is to gather new findings on how exercise and dietary interventions influence mitochondrial health, to expand on the current knowledge in this field.

## **Guest Editor**

Prof. Dr. Chia-Hua Kuo

Institute of Sports Sciences, University of Taipei, Taipei City 111, Taiwan

## Deadline for manuscript submissions

closed (25 August 2025)



## **Nutrients**

an Open Access Journal by MDPI

Impact Factor 5.0 CiteScore 9.1 Indexed in PubMed



mdpi.com/si/228441

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

mdpi.com/journal/ nutrients





# **Nutrients**

an Open Access Journal by MDPI

Impact Factor 5.0 CiteScore 9.1 Indexed in PubMed





## **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

- Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
- Research Institute of Biomedical and Health Sciences (IUIBS),
   University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
   Preventive Medicine Service, Centro Hospitalario Universitario
   Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las

#### Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

#### **Author Benefits**

Palmas, Spain

#### **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)