

Special Issue

The Efficacy and Role of Dietary Polyphenols

Message from the Guest Editor

In the last several years, the importance of balanced dietary patterns in human health has been widely recognized. Dietary guidelines around the world recommend the increased consumption of fruits and vegetables, as good sources of dietary fiber, essential nutrients, and phytochemicals, to improve health and reduce the risk of several chronic diseases, including metabolic disorder, diabetes, obesity, cardiovascular diseases, and some types of cancer. In this context, numerous studies have demonstrated the wide biological properties exerted by dietary phytochemicals, highlighting their beneficial role both in the prevention and in the treatment of several pathological conditions. This Special Issue will include manuscripts, in the form of original research or review articles, that cover all aspects of the complex relationship between dietary polyphenols and human health, ranging from their bioavailability and gut microbiota interaction to the molecular mechanisms through which these compounds exert their health benefits. Studies with multidisciplinary input, offering new mechanisms or insights, are particularly welcome.

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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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