

## Special Issue

# Anti-inflammatory and Anti-obesity Properties of Food Bioactive Components

### Message from the Guest Editors

Obesity is closely related to the occurrence of chronic low-grade inflammation. Even though its intensity is not high, the fact that the inflammation persists all the time is extremely unfavorable and destructive for the human body. Reducing one's body weight, i.e., reducing obesity, and thus, chronic inflammation, can be greatly achieved thanks to a proper diet rich in compounds with anti-inflammatory and anti-obesity properties. Food bioactive components are the basic nutrients or non-nutritive compounds that naturally occur in raw materials subjected to a technological process which strengthen, weaken or modify the physiological and metabolic functions of the body. In this Special Issue, we aim to gather the latest scientific data both in the form of original research manuscripts and reviews relating to the anti-inflammatory and anti-obesity properties of compounds known as Food Bioactive Components (FBC) and the relationships between the presence and level of FBC content in food, their daily consumption and effectiveness in the fight against obesity and chronic inflammation.

### Guest Editors

Dr. Monika Tomczykowa

Department of Organic Chemistry, Faculty of Pharmacy with the Division of Laboratory Medicine, Medical University of Białystok, ul. Mickiewicza 2a, 15-222 Białystok, Poland

Prof. Dr. Michał Tomczyk

Department of Pharmacognosy, Faculty of Pharmacy with the Division of Laboratory Medicine, Medical University of Białystok, ul. Mickiewicza 2a, 15-230 Białystok, Poland

### Deadline for manuscript submissions

closed (25 September 2024)



## Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/180547](https://mdpi.com/si/180547)

*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://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](https://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. 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

---

### 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)