

Special Issue

Vitamin A: Dietary Intake and Bioavailability of Provitamin A Carotenoids and Retinol in Human Health

Message from the Guest Editors

Vitamin A is an essential nutrient obtained through diet, either as retinol from animal products or as provitamin A carotenoids, although mainly from plant products. The contribution of the provitamin A carotenoids depends not only on the amounts of fruits and vegetables consumed and on their proportion with respect to retinol intake from animal sources, but also on the bioavailability and capacity of conversion into retinol of the carotenoids consumed. The evaluation of the suitability of the diet or the risk associated with excessive or inadequate vitamin A intakes are based in the assessment of nutritional status, using biochemical markers or dietary estimation. Data on nutritional status based on food intake are highly useful for decision-making in the public health setting and in the context of epidemiological studies.

Dr. Elena Rodríguez-Rodríguez

Guest Editors

Dr. Begoña Olmedilla-Alonso

Departamento de Metabolismo y Nutrición, Instituto de Ciencia y Tecnología de Alimentos y Nutrición (ICTAN-CSIC), 28040 Madrid, Spain

Dr. Elena Rodríguez Rodríguez

1. Department of Chemistry in Pharmaceutical Sciences, Faculty of Pharmacy, Complutense University of Madrid (UCM), 28040 Madrid, Spain

2. Departamento de Metabolismo y Nutrición, Instituto de Ciencia y Tecnología de Alimentos y Nutrición (ICTAN-CSIC), 28040 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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