

Special Issue

Novel Insights into Dietary Polyphenols and Obesity

Message from the Guest Editors

According to the World Health Organization, obesity prevalence has reached epidemic proportions globally in recent years, leading to at least 2.8 million deaths annually. Indeed, obesity is no longer associated only with high-income countries but also with low- and middle-income countries. Therefore, further investigations seeking alternatives to prevent obesity are needed. Dietary polyphenols are a large group of bioactive phytochemicals that have been reported to exert several health benefits, including protective effects against obesity and the development of obesity-related pathologies. Thus, several publications have shown that these phenolic compounds can reduce body weight and fat depot accumulation, improve glucose homeostasis, or decrease fasting and postprandial dyslipidemia, among others. However, the mechanisms involved are not yet fully understood, and more studies are required. In this Special Issue, we aim to summarize the most recent research regarding dietary polyphenols and their potential to prevent obesity and related disorders in both human and animal models. Original research and reviews are 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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