

Special Issue

Food Structure and Human Health – Need for a New Approach to Dietary Guidelines

Message from the Guest Editors

Food format and food structure have a significant impact on the bioavailability of nutrients. Compared to individual nutrients, specific food groups and dietary patterns have been shown to substantially affect chronic disease risk in controlled trials and cohort studies involving non-communicable disease endpoints. The effects of foods likely reflect processing methods, complex and synergistic contributions, and interactions among food structures. Increasing evidence supporting the influence of food structure on nutrient delivery, glycemic and lipid responses, and gut microbiome strengthens the idea of considering food structure in dietary guidelines.

Topics include, but are not limited to:

Evidence from clinical trials supporting food structure and its influence on health/biological outcomes; Clinical nutrition studies accounting for food structure in the outcome measures; Food structure, the release of nutrients, and their effects on physiological changes (e.g., appetite-stimulant and appetite-suppressant hormones); Food structure and bioavailability of bioactive compounds; Processing of foods and relationship with risk of metabolic diseases.

Guest Editors

Prof. Dr. Manohar Garg

Macquarie Medical School, Macquarie University, Macquarie Park, Sydney 2109, NSW, Australia

Dr. Rohith Thota

Macquarie Medical School, Macquarie University, Sydney, NSW 2109, Australia

Deadline for manuscript submissions

closed (20 December 2022)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/121399

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
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 (IUIBS), 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)