

Special Issue

Functional Foods and Hypertension

Message from the Guest Editor

Over the past 30 years, the number of hypertensive adults aged 30–79 has increased from 650 million to 1.28 billion, nearly half of whom did not know they had high blood pressure. High blood pressure is a major factor in death and disease worldwide. In this Special Issue, we are calling for articles on improving blood pressure with food factors such as functional food, nutrient, and dietary patterns, including instrumental analysis of antihypertensive food components, animal studies, and clinical studies for contribution to human health. It has been demonstrated that agricultural crops contain acetylcholine, and daily intake of eggplant, which contains abundant acetylcholine, improves blood pressure in humans. Therefore, this Special Issue also welcomes cutting-edge research on the bioactivity of novel functional food components. In addition, studies on the effective improvement of blood pressure through personalized nutrition, including absorption kinetics, metabolic fate, and action mechanism of food components, are welcome. If you are engaged in research on food factors to improve blood pressure, we sincerely invite you to contribute.

Guest Editor

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Deadline for manuscript submissions

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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.

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