

Special Issue

Virgin Olive Oil and Health

Message from the Guest Editors

The health benefits observed after VOO consumption are associated with its nutritional components, in particular monounsaturated fatty acids (MUFAs), but also minor components, including (poly)phenols, sterols, tocopherols, and terpenoids. The molecular and cellular mechanisms underlying the beneficial effects of VOO are mainly the antioxidant and anti-inflammatory properties. However, there are probably more mechanisms of action involved in VOO health effects. Although great progress has been made in this research field, many issues have yet to be clarified, for example, the design of more interventional studies with VOO, the evaluation of the benefits of VOO as a sole food ingredient and not in the context of the Mediterranean diet, the amount of VOO intake that could be considered beneficial, the identification of novel components with healthy properties, and the knowledge of new mechanisms of action among others. We aim to publish studies dealing with the role of VOO intake in human health and its mechanisms of actions. Reviews, meta-analyses, observational studies, intervention trials, experimental research, and mechanistic studies are all welcome.

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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.

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